

### 5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience.

The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

### Sight and Sound

Spending time outdoors, looking and listening to everything around us, positively impacts both our physical and mental well-being.

Go outdoors and take notice of:

- what do your eyes see that bring you joy? Perhaps it is children playing or all of the colours found in nature.
- what the weather is like, warm or crisp?
- what is beneath your feet and the sounds you hear with each step you take?
- what your mood is like and what feelings you are experiencing? Make a playlist of your favourite songs to walk with! Does fresh air, music and movement improve your mood and help you experience joy?

### Touch

When we are mindful about the world around us, it may improve our mood and allow us to experience joy.

- Feel the warm sun, or a warm cup of your favorite beverage.
- Soak up the warmth and snuggle with kid, pets, or other loved ones.
- Tickle fight with kids, or try a foot massage
- Create a sensory guessing game: Close your eyes and feel roughness or smoothness of different objects in the house. i.e. sandpaper, feather, ice cube, rice. Play a guessing game and try to stump one another.

### Taste and Smell

Taste and smell are vital to our experience. Our body's ability to provide nourishment is related to how we experience these senses. When we slow down and pay attention to what we are eating we can experience the feeling of joy.

- Think of warm cookies fresh out of the oven - imagine the smell and taste.
- Scents can remind us of past joy. The familiar scent of a candle or perfume can bring calm and serenity
- Dip fruit into melted chocolate. Eat slowly and savour.
- Cook food in a slow cooker and savour the aroma that fills your home.

### MORE RESOURCES

[www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes)

[www.ctrinstitute.com/blog](http://www.ctrinstitute.com/blog)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

