

REACH Good Health News June 15 2020: LITTLE JOYS = HUGE POSITIVE REACTIONS

“Sometimes the smallest things take up the most room in our Hearts”. *Winnie the Pooh*

“Appreciate the little things in life because one day you will look back and realize they were the big things”. *The Vow*



“Whoever wants to reach a distant goal must take small steps”. *Saul Bellow*

CBC’s Happiness Columnist, Jennifer Moss says research shows that lowered expectations may be the key to happiness. The small joys in life, like seeing chalk art (smiley faces, rainbows) on the sidewalk, going for a physically distanced walk or finding the toilet paper aisle fully stocked are giving us huge positive reactions. Scientists say this is a good thing and may just lead to a happier life. Something good is coming out of these challenging times. So many of our little joys in life have been denied during COVID – 19. It makes sense then, that when the littlest of things works out, our positive response can feel over the top. This state of chronic anxiety and extreme stress is tiring, so a reprieve from that state can be exhilarating!

Why Less is More

There is nothing like a pandemic to make you realize how good things used to be. Pre-pandemic, we may have attached more of our happiness to the stuff we consumed---to our status, our wealth or appearance. Now we’re not consuming as much as we used to, perhaps because of financial uncertainty. Our appearance is no longer that valued---sweatpants and uncut hair are the norm, even with many celebrities.

Researchers found that day-to-day well-being does not reflect how well things are going, but whether things are going better than expected. We don’t take the ordinary things, like fully stocked grocery shelves for granted anymore, rather discovering that they are gives us a heightened level of happiness.

20 Simple Pleasures

- 1) A stunning sunset
- 2) Climbing into a bed made with freshly washed and line-dried sheets
- 3) The feeling of accomplishment after finishing a big or little job
- 4) The first bite of a decadent dessert
- 5) Freshly baked cookies right out of the oven
- 6) Holding the door for someone, or someone holding the door for you
- 7) That first glorious sip of coffee or tea in the morning
- 8) Holding hands with a loved one
- 9) Laying on a blanket and watching the stars
- 10) Listening to a child’s giggle or watching them play
- 11) Receiving an unexpected compliment
- 12) A long, hot bubble bath
- 13) Bringing a smile to someone’s face
- 14) Waking up from a refreshing nap
- 15) The smell of freshly cut grass
- 16) A sunny, warm day
- 17) Sleeping in on a rainy day
- 18) Enjoying a home cooked meal around a table with your family
- 19) Receiving a letter in the mail that isn’t a bill
- 20) Having a good laugh

Keep the list going.....

Quick Gardening Tip:

Baking soda can make you tomatoes taste better. Simply sprinkle a small amount of baking soda on the soil around your tomato plants to lower the acidity level. The lower the acid level, the sweeter your tomatoes will become.....just make sure the baking soda doesn’t get on the plants. Sprinkled baking soil (use a flour sifter, if you have one) will keep ants, roaches and slugs away from your gardens too!