

Tony Bates' Advice for People in Finding Joy

SOMETHING PRACTICAL: *finding joy in difficult times*

Joy can accompany us through tough times. It comes when we open-heartedly face our difficulties and encourage ourselves to face them with courage, compassion, and patience.

TRUST IN YOURSELF, *follow your intuition, do what you can manage today. Believe that you have it in you to deal with this issue, and you can ask for support where it gets too much.*

TRUST WHERE LIFE IS TAKING YOU. *Life has a way of not living up to your expectations. Don't miss the silver lining because you were expecting gold.*

Accept things as they are instead of as you hoped, wished, or expected them to be. The bumps in the road teach you what you need to know to become human.

ACTIVATION PRECEDES MOTIVATION. *Don't wait to 'want' to do what might ease the strain of being stuck. Do one thing: one thing at a time. Get out of bed, eat something nutritious, move your body, and trust that positive emotions will follow.*

MOVE TOWARDS *what you want* **RATHER THAN AWAY** *from what you don't want. When you try to avoid or move away from what you don't want, you carry its negative energy with you. If you choose to deal with what is causing you, your negative emotions may initially intensify (because you're allowing yourself to feel them) but then soften and change.*

OPEN UP TO SOMEONE YOU TRUST. *You aren't alone; let someone special in when you're in a dark place. You know who this person is. Give them permission to stand beside you. They won't necessarily be able to solve your problems, but the light that spills in when they enter may reignite hope.*

HOW WOULD ADVISE A FRIEND IN YOUR SITUATION? *Think of the most difficult challenge you face right now. Imagine that it's not you but a close friend facing this challenge. What advice would you give her?*

GIVE YOURSELF TIME TO HEAL. *Facing our wounds is how we grow and become the person we were born to be. This takes time. And requires a lot of self-compassion and patience.*