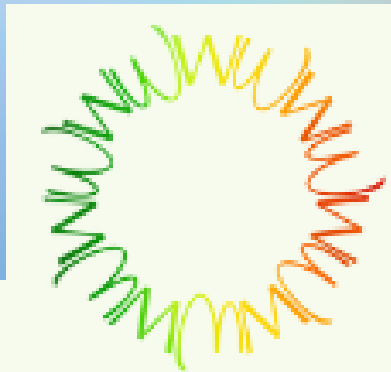


Weekly Wisdom

Grow the Green for You and Your Team



"You enter into joy when you practice entanglement." -- Ross Gay

Finding Joy at Work

We know that joy is important to our well-being, our brain functioning, and our ability to flourish in our work.

But what exactly is joy? While happiness describes a feeling over time, joy is "an intense, momentary experience of positive emotion -- one that makes us smile and laugh and feel like we want to jump up and down." Think of sports victories or getting licked by a puppy.

Joy is fundamentally tied to our connection with others. Instead of sending an email, walk down the hall to the recipient. Instead of ordering a book online, pop into your local bookshop.

Prepare for joy by being grateful. People who experience joy are also grateful and visa versa.

Recall times in the past when you were joyful.

When you feel joy, savor it. Celebrate it. Share it.