

Make a Joy List

What brings you Joy? When you are not feeling good it can be surprisingly hard to remember what can get you back on track. And even on the worst days, it can be the small, simple things that will turn your day around. To prepare for this, write down all of the things that fill you up, lift your spirits, and keep you motivated towards health and healing. Post your list in your hospital room or in your home where you will see it every day during your treatment and recovery, and commit to doing several of them each day.

Your list could include listening to your favorite music, cuddling with your pet, getting outside into nature or imagining yourself in your favorite spot, connecting with your best friends over the phone or on social media, savoring your favorite food, drink, or treat (even though it might not taste quite the same during chemo!), following a guided meditation, or watching a funny TV show or uplifting movie.

See page 2 for a list of more ideas!

What are the things in your life that fill you up and bring you Joy?

Self-Soothing

A way to remember these skills is to think of soothing each of your FIVE SENSES.

	With Vision:			
	Look at the stars at night.		Sit in the lobby of a beautiful old hotel.	
	Look at pictures you like in a book.		Look at nature around you.	
	Buy one beautiful flower.		Walk in a pretty part of town.	
	Make one space in a room pleasing to look at.		Watch a sunrise or a sunset.	
	Light a candle and watch the flame.		Go to a dance performance, or watch it on TV.	
	Set a pretty place at the table using your best		Be mindful of each sight that passes in front of	
	things.		you.	
	Go people-watching or window-shopping.		Take a walk in a park or a scenic hike.	
	Go to a museum or poster shop with beautiful		Browse through stores looking at things.	
0.00	art.		Other:	
	With Hearing:			
-				
	Listen to soothing or invigorating music.	ч	Burn a CD or make an iPod mix with music	
ч	Pay attention to sounds of nature (waves,		that will get you through tough times. Turn it	
	birds, rainfall, leaves rustling).		on.	
ч	Pay attention to the sounds of the city (traffic,	ч	Be mindful of any sounds that come your way,	
-	horns, city music).	_	letting them go in one ear and out the other.	
	Sing to your favorite songs.		Turn on the radio.	
	Hum a soothing tune.	ш	Other:	
ш	Learn to play an instrument.			
	With Smell:			
	Use your favorite soap, shampoo, aftershave,		Sit in a new car and breathe the aroma.	
	cologne, or lotions, or try them on in the store.		Boil cinnamon. Make cookies, bread, or	
	Burn incense or light a scented candle.		popcorn.	
	Open a package of coffee and inhale the		Smell the roses.	
	aroma.		Walk in a wooded area and mindfully breathe	
	Put lemon oil on your furniture.		in the fresh smells of nature.	
	Put potpourri or eucalyptus oil in a bowl in your		Open the window and smell the air.	
	room.		Other:	
With Taste:				
	Eat some of your favorite foods.		Suck on a piece of peppermint candy.	
	Drink your favorite soothing drink, such		Chew your favorite gum.	
ASSE	as herbal tea, hot chocolate, a latté, or a		Get a little bit of a special food you don't	
	smoothie.	100	usually spend the money on, such as fresh-	
	Treat yourself to a dessert.		squeezed orange juice or your favorite candy.	
	Eat macaroni and cheese or another favorite	\Box	Really taste the food you eat. Eat one thing	
_	childhood food.	_	mindfully.	
п	Sample flavors in an ice cream store.	\Box	Other:	
-	[10] [10] [10] [10] [10] [10] [10] [10]			
-	With 1			
	Take a long hot bath or shower.		Take a drive with the car windows rolled down.	
	Pet your dog or cat.		Run your hand along smooth wood or leather.	
	Have a massage. Soak your feet.		Hug someone.	
	Put creamy lotion on your whole body.		Put clean sheets on the bed.	
	Put a cold compress on your forehead.		Wrap up in a blanket.	
	Sink into a comfortable chair in your home.		Notice touch that is soothing.	
	Put on a blouse or shirt that has a pleasant feel.		Other:	

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