

Joy obstacles

- Not having enough time in the day to get everything you need or want to get done completed. It adds on stress and puts a gray cloud over the day, especially if you know right from the beginning of the day that there is no way you will complete everything.
- Anniversary/birth-dates of loved ones who have passed away. Those dates, like anniversary of said persons passing, and the b-day of said person...Those dates are big triggers for me. When those days arise, my joy level hits a low point.
- I think we tend to think too much about things and it affects our ability to just live in the moment and see the joy in that moment. As an example, just breathe the crisp air for right now and don't worry about the snow coming.
- It can be easier to focus/get hung up on the negative instead of looking for the joy or allowing ourselves to feel the joy.
- Screens of all kinds: computer, phone, tv. Staring at them blocks the view -- duh! They are very aptly named. Sometimes something joyful does come to me on these screens like a picture of the grands, but most of the time they prevent us from looking around at reality. It is particularly joyful out there these autumn days.
- Dwelling on our problems. If we build mountains out of our internal molehills, we end up in their shadows and cannot see the sunshine.
- Perspective -sometimes, depending on the trial/test, I have to look in two places for the joy. Sometimes it is in the big picture after the trial or test has passed, or sometimes the joy is in very small blessings that happen through the trial. If I cannot see the joy in one place, I can usually find it in the other.
- Stress. Sometimes when so much is going on, we focus on the stories in our heads and forget to look up and see what is happening right in front of us.
- Typically rushing to get things done so we don't take the time to see joy all around us.
- I could list a million things here, like other people, when things don't go our way, being too focused on tasks, goals etc. ... But really the only thing getting in our way is OURSELVES. The Ability to see joy, is a choice; it's how you react to the things going on around you. Reading this email this morning was much needed; I have had a poor experience and really just wanted to vent/yell at someone lol... but after reflecting on this question, instead of venting to someone on why everything is wrong about the situation, I am going to reach out and ask how I can help to resolve it instead.
- Fretting over finances.

- Being occupied with the immediate/the present. Only seeing the obvious.
- Fatigue. If you're tired, it's easy to just try to get through the day without taking mindful moments to really see the joy around you.
- I think it is fear. For some it is fear that the good thing isn't enough to outweigh other worries, or concerns, or that it -- the thing bringing joy, or feeling of joy itself -- won't last. What helps for me is to remind myself always that, Yes, the hard times are hard. It is right to feel sad, or burdened, or worried, or scared. But when I allow myself to feel fear, or grief, and acknowledge it, then it also allows me to appreciate what is good and brings joy. It is like acknowledging a comparison. Yes, this thing over here is scary, or terrible, but this here, this joy thing, is not. It is beautiful or comforting, or funny.
- In the context of our jobs, if you're afraid to admit that you don't understand something then you are certainly going to be internalizing stress – wondering about the thing you don't understand... hoping the others you're working with don't realize that you don't understand... either trying to BS your way through, or hoping against hope that you'll be able to figure out the thing (whatever it is that you don't understand) before you have to admit your lack of understanding... all of this creates SO MANY negative consequences! I could go on, but I think you get my drift. 😊