

The background of the entire page is a blue-tinted photograph of a person sitting at a table, eating from a large bowl. The person's hands are visible, holding a spoon and the bowl. The image is semi-transparent, allowing the text and logo to be overlaid.

2025

A YEAR OF WELLNESS IN MULTIFAMILY

AAGD
APARTMENT ASSOCIATION
GREATER DALLAS

WELLNESS IN **Multifamily**

Prioritizing wellness within the multifamily housing industry is essential for supporting the personal growth and self-improvement of the people who make our industry thrive. Wellness today extends far beyond physical health—it includes emotional resilience, mental clarity, personal development, and the capacity to show up as your best self in every area of life. No matter where you are in your personal or professional journey, investing in your well-being lays the foundation for greater confidence, productivity, and fulfillment.

With this in mind, AAGD proudly introduced the *Wellness in Multifamily* initiative, created to empower individuals to grow, improve, and thrive. Each month featured a wellness theme designed to spark self-reflection, encourage healthier habits, and support ongoing personal development. From mindfulness and stress management to goal setting, emotional intelligence, and building positive routines, members were given practical tools and insights they could easily integrate into their daily lives—regardless of their role or experience level.

By embracing self-improvement as a continuous journey, we make room for renewed motivation, stronger life balance, and a deeper sense of purpose. AAGD's *Wellness in Multifamily* initiative serves as both a guide and a reminder to prioritize yourself, invest in your well-being, and take intentional steps toward becoming the best version of who you are.

SETTING WELLNESS GOALS FOR 2025

Embarking on a wellness journey requires constancy and commitment to achieve the desired goal. This section offers a variety of resources and activities to help you kickstart your path to a healthier and more fulfilling year by developing a GROWTH MINDSET and setting GOALS.

Let's start by developing a **GROWTH MINDSET**.

A growth mindset, as conceived by Stanford psychologist Carol Dweck and colleagues, is the belief that a person's capacities and talents can be improved over time...you can live a more purposeful and meaningful existence by being open to everyday challenges through learning and development." (Continue Reading at [Psychology Today](#))

Suggested Book:

Learn more from Carol Dweck in her book, Mindset: The New Psychology of Success.

Suggested Activities:

- **Affirmations** - Start your day with positive affirmations to set a constructive and hopeful mindset. From books to websites, to even apps, there is no shortage of resources to help you on your quest.
- **Journaling** - Reflect on your thoughts and feelings to gain insight into your goals and challenges. Do you have your pen and journal but have no idea where to start? Don't worry, just as there are boundless resources for affirmations, there are guided journaling activities and prompts. Find what works best for you!

Now that you're on your way to **GROWTH**, let's talk **GOALS**.

Setting clear and meaningful goals is the first step toward making that growth happen. So, ask yourself: What do you truly want to accomplish, and how can you break that down into actionable steps? It's time to make those dreams a reality!

Suggested Book:

One of many great resources is James Clear's book Atomic Habits and/or you can also subscribe to his newsletter which will provide tips and tricks for success.

Tips for Success - Here are some tips to help you succeed in achieving your wellness goals:

- Start small and gradually increase the intensity of your goals.
- Set specific, measurable, achievable, relevant, and time-bound (SMART) goals.
- Stay consistent and make wellness a priority in your daily routine.
- Seek support from friends, family, or a professional if needed.
- Track your progress by using a wellness journal or app. Set regular check-ins to review your goals and make adjustments as needed.
- Celebrate your achievements, big and small, along the way to stay motivated.

MAINTAINING A HEALTHY HEART & PRACTICING SELF-CARE

Heart health and self-care are essential components of a fulfilling, balanced life. With a bit of focus, we can take proactive steps to nourish our hearts and minds. This article explores valuable resources and activities to help you improve heart health and practice self-compassion through self-care.

Heart Health Resources:

- **American Heart Association:** Whether you're looking for dietary tips, exercise suggestions, or information on managing heart conditions, the AHA offers valuable insights to guide your journey. Visit www.heart.org for more information.
- **CDC Heart Disease Toolkit:** This toolkit provides educational resources about managing heart conditions and the importance of prevention. You can access this toolkit at [CDC Heart Disease Toolkit](#).

Heart Health Tips: A few simple lifestyle changes can make a big difference in heart health. The American Heart Association also shares daily heart-healthy tips, such as eating more fruits and vegetables, staying hydrated, and exercising regularly. These small changes can be easily incorporated into your daily routine to help you lead a heart-healthy life.

Heart-Healthy Activities: Engaging in fun activities can make a difference in maintaining a healthy heart. Here are some heart-healthy challenges to get started:

- **Stairway to Heart Health:** Challenge yourself to take the stairs instead of the elevator for a week. Create a leaderboard to track "flights climbed," and reward those who remain the most consistent. This encourages regular movement and strengthens the heart.
- **Healthy-Heart Recipe Swap:** Sharing heart-healthy recipes is a great way to inspire better eating habits. You can host a virtual or in-person potluck or cooking contest to feature heart-healthy dishes.
- **Snack Red, Snack Right:** Instead of reaching for ultra-processed snacks, swap them out for vibrant, heart-healthy red foods like apples, strawberries, cherry tomatoes, and bell peppers. These foods are not only tasty but packed with nutrients that support heart health.
- **Daily Heart-Healthy Tips:** Start each morning with a heart-healthy tip delivered through email or a messaging platform. This ensures you're consistently reminded of healthy choices throughout the day.
- **Exercise Recommendations:** The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity per week. Incorporating activities like walking, swimming, or cycling can significantly benefit heart health.

Self-Care Resources: Taking care of yourself emotionally, mentally, and physically is just as important as caring for your heart. Self-compassion and self-care promote well-being and help you navigate the stresses of everyday life. Below are resources to support you in developing a balanced self-care routine.

- **The Self-Care Wheel:** The Self-Care Wheel is a powerful tool that helps you address different aspects of your life, including physical, emotional, and mental health. It encourages a holistic approach to self-care and provides worksheets and guidelines to help you assess areas that may need attention. Learn more at [Self-Care Wheel](#).
- **GoodRx Self-Care Activities:** GoodRx offers a comprehensive list of 99 self-care activities designed to improve your overall quality of life. Find inspiration and actionable ideas here: [GoodRx Self-Care Activities](#).
- **Science of People Self-Care Ideas:** The Science of People offers 101 self-care ideas that focus on positivity and happiness, particularly emphasizing the importance of social connections. Check out the self-care suggestions at [Science of People Self-Care Ideas](#).

MINDSET TRAINING

Resource Guide

The ACT Now! Success Formula

- **Attitude + Consistency = Transformation:** Your daily mindset impacts leadership, teamwork, and resilience.
- **Small Actions Build Resilience:** Regular mindset shifts strengthen adaptability over time.
- **Key Takeaway:** Those who choose adaptability over frustration consistently rise to success.

Further Reading:

- Mindset: The New Psychology of Success by Carol S. Dweck
- Harvard Business Review: [How to Develop a Growth Mindset](#)

Practical Strategies to Flex Your Attitude

1. Reframe Setbacks (Mental Gym Reps)

- See challenges as opportunities to grow.
- Approach problems with a leadership mindset rather than frustration.
- Build resilience by tackling difficulties head-on.

Tools to Help:

- [Calm App](#) – Meditation & stress management
- [Headspace](#) – Mindfulness exercises
- [Daily Stoic](#) – Stoic philosophy for resilience

2. The Daily “Attitude Workout”

- 10-Second Gratitude Pause – Reflect on three things you’re grateful for each morning.
- The “Power Pose” Trick – Stand confidently for 30 seconds before important meetings.
- Morning Mindset Reset – Set an intention before checking emails.

Apps for Daily Motivation:

- Five-Minute Journal – Guided gratitude journaling
- [Fabulous App](#) – Habit tracking & motivation
- [Insight Timer](#) – Free guided meditation & mindfulness

3. Adaptability in Action: Thriving in Multifamily Housing

- Accept that change is constant in the industry—embrace new technology and shifting expectations.
- Teams that pivot and grow will outperform those who resist change.
- Challenges as opportunities to improve communication, operations, and resident experiences.

Helpful Resources:

- Harvard Business Review: [Leading Through Change](#)
- Adaptability Assessment Tool – Evaluate how adaptable you are

The “Flex Your Attitude” Challenge: Take one action TODAY to shift your mindset.

1. **Reframe a setback** – When something frustrating happens, ask, “How can I grow from this?”
2. **Flex your attitude with a power move** – Use gratitude, a power pose, or a mindset reset.
3. **Choose adaptability** – View challenges as opportunities instead of roadblocks.

Community & Ongoing Learning: Podcast: [The Happiness Lab \(Listen here\)](#)

Final Thought: “You can’t control everything, but you can always flex your attitude.” – Doug Rice

ERGONOMIC WELLNESS

Resource Guide:

1. **Ergonomic Guidelines:** Explore OSHA's Ergonomic Solutions for tips on setting up workspaces to prevent strain and injury.
2. **Mindfulness Apps:** Apps like Headspace or Calm offer guided mindfulness exercises to reduce stress and improve focus.
3. **Books:** The Mindful Athlete by George Mumford combines mindfulness with physical well-being, offering insights into maintaining a healthy body and mind.
4. **Steadfast Fitness Performance: Wellness, coaching, training**
<https://steadfastfp.com/corporate-2/>

Activities:

1. **Desk Yoga:** Incorporate simple stretches and yoga poses that can be done at a desk to relieve tension and improve posture.
2. **Walking Meetings:** Replace traditional meetings with walking ones to encourage movement and creativity.
3. **Mindful Movement Workshops:** Host sessions that combine ergonomic principles with mindfulness techniques, such as body scanning or mindful breathing.
4. **Step Challenges:** Encourage participants to track their steps and aim for daily movement goals.
5. **Stretch Breaks:** Schedule short, guided stretching sessions throughout the day to promote healthy movement patterns.

Articles:

1. **The Benefits of Ergonomics in All Workplaces:** This article explores how ergonomic principles can enhance productivity, comfort, and long-term health across various work environments, from offices to warehouses. [The Benefits of Ergonomics in All Workplaces | Health Discovery](#)
2. **Workplace Wellness: The Importance of Ergonomic Practices:** This piece highlights the role of ergonomics in improving employee health, reducing stress, and boosting productivity in modern workplaces. [Workplace Wellness: The Importance of Ergonomic Practices | Corporate Wellness | Employee Well-Being](#)
3. **How Does Ergonomics Impact Employee Health and Wellness?:** This article delves into the connection between ergonomics and overall well-being, discussing how proper workspace design can prevent injuries and promote mental health. [How does ergonomics impact employee health and wellness? | Simple But Needed](#)

UNDERSTANDING AND MANAGING THE INTERNALIZATION OF STRESS

with Brook Benten, MEd, Professional Life Coach, author, IG @BrookBenten

Books

[Mind Your Body](#) | [10 Minutes to Slim and Sober](#) | [Think Away Your Pain](#) | [Bold Move](#)
[Radical Compassion](#) | [The Divided Mind: The Epidemic of MindBody Disorders](#)

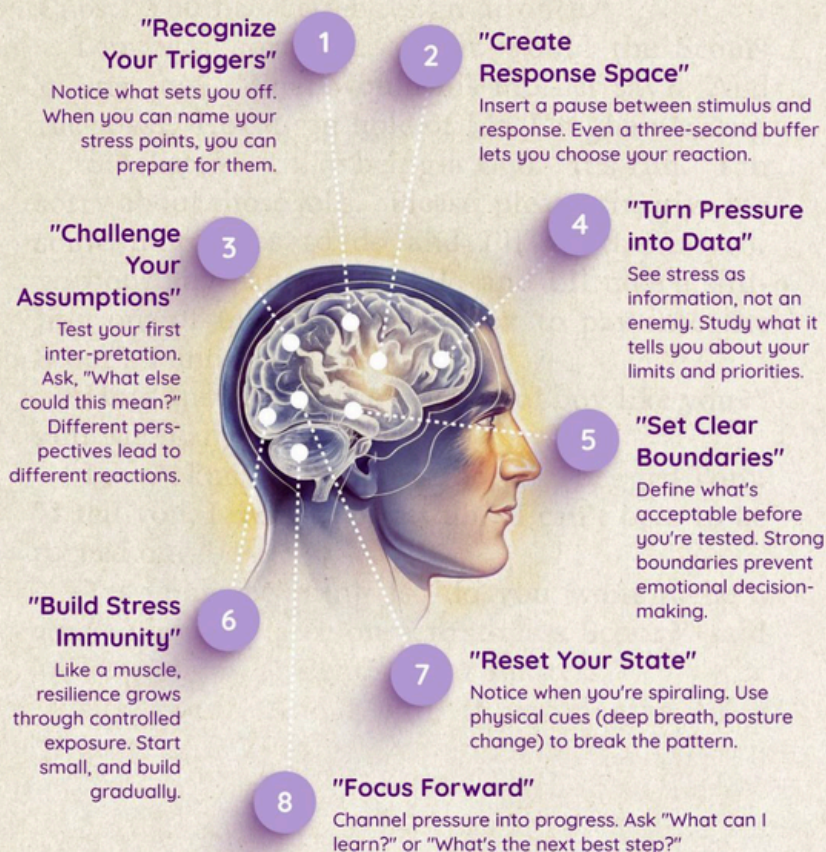
Articles

- [Your high-intensity feelings may be tiring you out](#) Harvard Business Review, February 2016.
- [How expectation influences perception](#) MIT News, July 2019. Marquez, L.
- [What is psychological avoidance](#) Psychology Today, May 2023.
- [Physiological feelings](#) National Institute of Health May 2019.
- [Know your brain: The amygdala- unlocking your reptilian brain](#) Brain World Magazine, December 2021.

FOOD FOR THOUGHT These 8 steps will help to process what could be stressful situations. These strategies help to keep stress "out there" and not "in here."

Rewire Your Reactions

8 Mental Strategies to Stay Strong Under Pressure



4 TRAUMA RESPONSES

Do you know which (or which combo) you tend to activate when your sympathetic nervous system is stimulated?

FIGHT

Anger outburst, Controlling, Bullying, Explosive behavior, Irritability, Judgement, Self harm

FLIGHT

Workaholic, Overthinker, Anxiety, Panic, OCD, Perfectionist, Avoidance, Hyperactivity

FREEZE

Indecisive, Stuck, Dissociation, Isolation, Shut Down, Exhaustion, Indecision, Sleep

FAWN

People-pleaser, Overwhelmed, No boundaries, Codependent, Appeasing, Self-critical



HEALTHY NUTRITION

RESOURCE GUIDE

MASTERING MEAL STRUCTURE AND MACRONUTRIENTS

Macronutrients are most often defined to be the chemical compounds that humans consume in large quantities that provide bulk energy. Specifically, they refer to carbohydrates, proteins, and fats. By learning how to strategically plan your meals throughout the day you can harness the power of macronutrients to fuel your body efficiently.

Use this [Macro Calculator](#) to determine the suggested amounts of macronutrients and food energy (Calories) you need to consume daily to maintain your weight.

THE IMPACT OF MOVEMENT ON GLUCOSE & INFLAMMATION

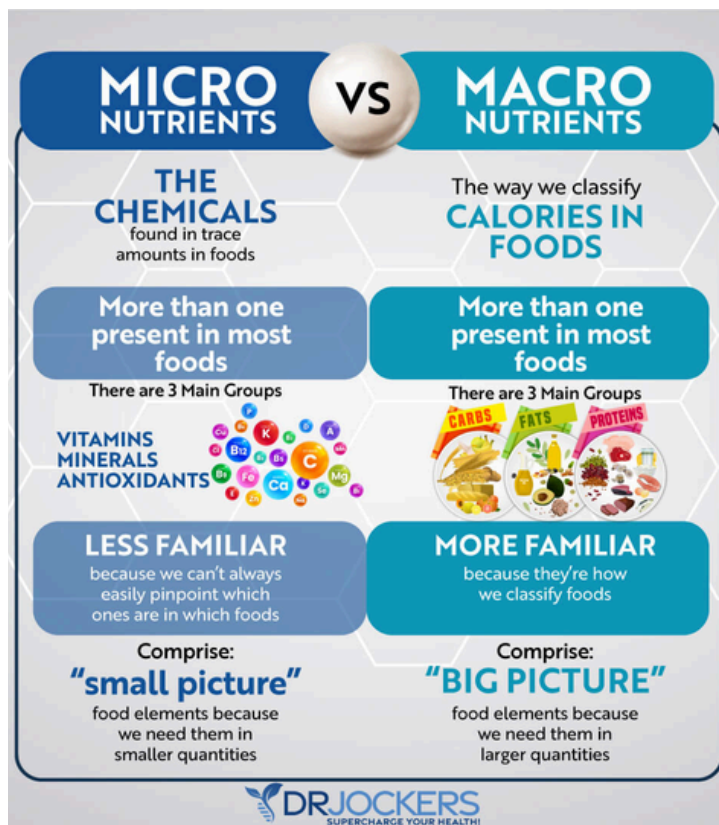
Discover how incorporating intentional movement throughout your day can regulate blood sugar levels, reduce inflammation, and support long-term metabolic health.

[Read / Watch What to Eat When Working Out](#)

SIMPLE STRATEGIES FOR GUT & GLUCOSE HEALTH

Explore practical, science-backed hacks to improve gut function, stabilize glucose levels, and activate the body's natural healing systems—without overcomplicating your routine.

[Read / Watch 10 Glucose Hacks](#)



GlucoseGoddess®

Hack 1: Eat foods in the right order
The right order to eat our food in to minimize a meal's glucose spike is: 1) Fiber, 2) Protein and fats, 3) Starches and sugars.

Hack 2: Veggie starters
Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

Hack 3: Stop counting calories
Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

Hack 4: Savoury breakfast
A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

Hack 5: Have any type of sugar, they're all the same
All sugar is made of glucose and fructose. They all have an impact on our body, so have the one you prefer.

Hack 6: Pick dessert over a sweet snack
If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

Hack 7: Vinegar
Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing. Ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

Hack 8: After you eat, move
After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

Hack 9: If you have to snack, go savoury
Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

Hack 10: Put "clothes" on your carbs
Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

Hack 11: Take Anti-Spike
Take 2 Anti-Spike capsules before your meal of the day highest in starches or sugars. This will reduce the spike of your meal by up to 40%.

THE GLUCOSE HACKS

PHYSICAL FITNESS & OUTDOOR WELLNESS

GREEN EXERCISE: WHY AN OUTDOOR WORKOUT WILL MAKE YOU FITTER AND SLIMMER

- You burn more calories and blast more fat outside
- Take strength training outdoors to get stronger quicker
- Outdoor workouts can reduce anxiety
- You are more likely to stick with exercise if you do it outdoors
- Running indoors really does take more effort for the same fitness gains
- Forget spin classes — for real muscle gains you need to cycle outside
- Open water swimming can boost mood and reduce hot flushes
- Just a 15-minute session outdoors will boost your vitamin D stores

RESOURCE GUIDE

- [How to Perform Compression Only CPR](#) (Video)
 - With a half-million cardiac arrests each year, CPR increases the likelihood of surviving cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs.
- [Top 10 Water Safety Tips](#) (Video)
 - Water Safety is essential for preventing injuries and drowning, especially around bodies of water like pools, lakes, rivers, and the ocean.
- [Learn How to Choose the Appropriate Sunscreen](#) (Article)
 - You know you need sunscreen. But with so many lotions, sprays and gels to choose from, how do you know which sunblock will actually prevent sunburns — and skin cancer? When it comes to shielding your skin from the sun, the type of sunscreen you choose is as important as how you use it.
- [The Benefits of the Outdoors](#) (Article)
 - It is more important than ever that we encourage children and adolescents to spend time outdoors by creating safe and supportive places and spaces for them to be more active.
- [Psychological Impact of Spending Time in Nature](#) (Article)
 - Psychological research is advancing our understanding of how time in nature can improve our mental health and sharpen our cognition
- [Hot Weather Exercise Tips: Stay Safe & Hydrated](#) (Article)
 - When summer arrives, it's crucial to take precautions against dehydration and heat-related illnesses. According to the Centers for Disease Control and Prevention (CDC), about 300 Americans die each year from heat-related conditions—and many of these deaths could be prevented with better awareness and preparation.

ADVOCATE FOR YOUR NORMAL

RESOURCE GUIDE

Taking care of your health is about more than just numbers on a scale. From movement and recovery practices, to mindfulness and hormone balance, small lifestyle choices have a big impact on your long-term physical and mental well-being. Below you'll find a collection of evidence-based resources that highlight different ways to support your body and mind—whether through strength training, restorative therapies, or stress-reducing practices.

HORMONE HEALTH

Balanced hormones are the foundation of overall well-being, influencing everything from energy and mood to sleep, metabolism, and long-term health. Many experts suggest a baseline hormone panel in the mid-30s to establish trends before age-related shifts become more significant.

[Learn more from the Cleveland Clinic](#)

STRENGTH TRAINING

Some people perform incredible feats of strength and endurance well into their retirement years. The great news is: You don't have to bench press 300 pounds or run a marathon to show off the benefits of strength training." [Learn more from the National Institutes on Aging](#)

EXERCISE FOR CHRONIC PAIN

It's true: physical activity can play a helpful role for people with some of the more common pain conditions, including low back pain, arthritis, and fibromyalgia. Low-impact movement builds core strength, improves posture, and keeps hips flexible—key for balance, mobility, and injury prevention."

[Learn more from Harvard Health](#)

CRYOTHERAPY / COLD EXPOSURE

Cold exposure may reduce inflammation, support recovery, and boost circulation—helping both body and mind feel re-energized.

[Learn more from MedicalNewsToday](#)

DRY NEEDLING

By targeting trigger points in muscles, dry needling can ease pain, release tightness, and improve mobility.

[Learn more from the Cleveland Clinic](#)

HYDROSTATIC WEIGHING

Hydrostatic weighing, also known as underwater weighing or hydro densitometry, is one of the most accurate ways to measure body fat. During the test, you have your body weight measured on land and underwater. The difference between these two measurements allows test administrators to calculate your body density and body fat percentage.

[Learn more from Healthline](#)

FOOD SENSITIVITY TESTING

Eat something you're sensitive to, and you might experience very unpleasant symptoms like fatigue, migraines, bloating, depression, and dry or itchy skin. But it's often difficult to pinpoint exactly which foods you're sensitive to due to the large number of ingredients you probably consume each day.

[Learn more from Everlywell](#)

AGING GRACEFULLY

RESOURCE GUIDE

CHIROPRACTIC CARE & THE GOLDEN YEARS

Chiropractic care is an essential cornerstone for all ages. As we age, we may begin to face unique health struggles that chiropractic care is specially equipped to address. By helping to improve, restore, and/or maintain mobility, strength, and balance, chiropractic care can play a huge role in increasing the quality of life and helping older adults age gracefully.

The most common benefits include:

- Increased **quality of life**
- Improved **range of motion**
- Pain **relief**
- Improved **balance & coordination**
- Fall **reduction**
- Stronger **immunity**

BACK IN BALANCE CHIROPRACTIC

Dr. Jess Bodily-Studdard, DC

Top Balance Exercises for Seniors



Desk Stretches / Exercises



GRATITUDE & KINDNESS

RECOMMENDED ARTICLES

- **Kindness: An Essential Ingredient of Leadership** - Is kindness truly an essential part of leadership? And if so, how does it shape not only who we are but also the trust and loyalty we inspire in others?...[Continue Reading on Forbes.com](#)
- **Leading With Hope and Kindness: 5 Ways to Be a Better Leader** - Leadership isn't just about making decisions or hitting targets, it is about inspiring, empowering, and creating a culture where people feel valued. The best leaders don't just manage; they uplift. By fostering hope, trust, and a strong sense of purpose, leaders can help their teams thrive. [Continue Reading on PsychologyToday.com](#)
- **How to Show More Gratitude at Work: Giving Thanks Makes You a Better Leader** - For many people, "thanks-giving" is a tradition that happens around the dinner table once a year. But research suggests that leaders should express gratitude in the workplace year-round — here's how and why gratitude in leadership matters. [Continue Reading on CCL.org](#)
- **Great Leaders Aren't Just Compassionate—They Take Action with Kindness** - More than just a feel-good concept, kindness in leadership drives measurable success and creates workplaces where people thrive. [Continue Reading on Forbes.com](#)
- **Simple Suggestions to Cultivate a Supportive Workplace** - Kindness, gratitude and compassion make a positive difference in the workplace. Kindness is about more than simply being nice or helpful; rather, it's about actively cultivating a community in which people feel respected, valued, and cared for. [Continue Reading on University of Michigan HR News](#)

RECOMMENDED PODCASTS


- **The Science of Happiness** - Hosted by UC Berkeley's Greater Good Science Center
- **Dare to Lead** - Hosted by Brené Brown

RECOMMENDED BOOKS

- **The Power of Kindness** - by Piero Ferrucci
- **Thanks!: How the New Science of Gratitude Can Make You Happier** - by Robert Emmons
- **Radical Candor** - by Kim Scott

PUT IN THE WORK

- **Gratitude Journaling** - writing down things you are thankful for on a regular basis to cultivate a mindset of appreciation and improve overall well-being. [Learn how with Greater Good in Action](#)
- **Kindness Challenge Cards** – Create printable cards with small, actionable kindness prompts (e.g., "Write a thank-you note," "Compliment a colleague," "Donate to a local cause").
- **Reflection Prompts for Teams** – Offer a set of questions teams can use in meetings to foster connection, such as "Who helped you this week?" or "What's one thing you're grateful for today?"
- **Create a Thankful Tree** - a communal or individual art project where participants write down things for which they are thankful on paper leaves and attach them to a bare tree structure.



LEAD WITH KINDNESS
Live with gratitude

HOLIDAY SELF-CARE

RESOURCE GUIDE

[Does Counting Calories Really “Work”?](#)

by [Alix Barth](#)

ALIX BARTH NUTRITION

Hi there...

I came across this article from The Smithsonian several weeks ago, [This Doctor Pioneered Counting Calories a Century Ago, and We’re Still Dealing With the Consequences](#).

If you’re here, you immediately understand why this was clickbait for me. You all know that I am opposed to the idea of calorie counting. I did it for years. And let me tell you – it “worked” – which is to say, I was thin. It also malnourished me (because, as you’ll read more about in the article, calories don’t consider the quality of food – they only tell us a small percentage of the nutrient makeup). I’ve struggled with gut and thyroid issues ever since.

Hence, my sharing [today's article](#).

I Believe...

“What you put in your body is what will come out...” Nutrition makes up 80% of what you look like and feel like — physically, mentally, and emotionally.

[How to Feel More “At Home” In Your Body \(and why it’s important that you do\)](#)

So much of the work I do is not only teaching people how to nourish themselves, but helping people feel better in their bodies.

One of the societal norms I push against most is the idea that we can control our bodies. And while I am here for discipline, goal setting, intentions, making things happen that we want to happen – I believe there has to be a balance between the goals we set and room for checking in with our body to ask what it might need and want, as often times those needs and wants are different from our goals.

And this can create much grief.

You want to fit into your Size 2 jeans, but to do so, you have to eat such a small amount of calories that you’re causing yourself to be malnourished and your immune function to diminish, so you’re “skinny” but you easily get sick.

...you see where I’m headed, right?

The [article I am sharing](#) today is from [Psyche](#). It’s titled: “You Are Your Body. Here’s How to Feel More at Home in It”. It’s a 5-7 minute read.

FINDING JOY: EMBRACING LIFE'S MOMENTS

RESOURCE GUIDE

A curated list of books, talks, practices, and inspiration to help you cultivate joy, presence, and meaning in everyday life.

[Recommended Books](#)

1. **Soul Full: A Daily Devotional for Women — Farrell Mason:** A beautifully written collection of reflections that help you slow down, savor life, and reconnect with your inner light. Perfect for daily grounding.
2. **Let Them — Mel Robbins:** A simple but transformative mindset shift: let people be who they are, let situations unfold, and release the emotional weight of control. Encourages peace, clarity, and joyful detachment.
3. **Die With Zero — Bill Perkins:** A powerful invitation to rethink how you spend time, money, and energy. Encourages living fully now, prioritizing meaningful experiences, and designing a joy-filled life.
4. **The Book of Joy — Dalai Lama & Desmond Tutu:** Two spiritual leaders explore lasting happiness, resilience, and compassion — a warm, uplifting read.

[Podcasts & Talks](#)

1. **Mel Robbins Podcast:** Episodes on mindset, motivation, and emotional freedom — especially helpful for clearing mental clutter.
2. **The Happiness Lab (Dr. Laurie Santos):** Science-backed tools and stories about what truly makes humans happy.
3. **On Being with Krista Tippett:** Deep, soulful conversations about spirituality, connection, and meaning.
4. **TED Talk: "The Habits of Happiness" — Matthieu Ricard:** A Buddhist monk and scientist explains how joy can be trained like a muscle.

[Daily Practices for Cultivating JOY](#)

1. **The JOY Scan (2 minutes):** Ask yourself: What is one small thing I can savor today?; What is one thing I can release?; What is one thing I can look forward to?
2. **The "Let Them" Pause:** When someone frustrates you or expectations aren't met, pause and whisper: "Let them." Give people space to be who they are — and give yourself the gift of peace.
3. **Micro-Ambitions:** Instead of grand goals, choose tiny daily delights: Walk in the sun; Read one inspiring paragraph; Send a gratitude text. Joy builds slowly and consistently.
4. **Experience > Accumulation (From Die With Zero):** Ask: What experience will matter to me at 80? Then, plan the smallest possible version this month.

"Happiness is not something ready-made. It comes from your own actions."
Dalai Lama

"What you do every day matters more than what you do once in a while."
Gretchen Rubin