

FIVE WAYS TO



**FEEL**



SHORT ON TIME? TAKE FIVE MINUTES TO FIND JOY TODAY  
AND YOU'LL BE SURPRISED BY THE DIFFERENCE IT MAKES.

# GOOD

## IN FIVE MINUTES

By Karee Brown

**F**eeling overwhelmed with your to-do list? Finding a balance between school, church, sports, and other extracurricular activities can sometimes seem impossible. In fact, with a jam-packed schedule it can be hard to feel anything but busy. But guess what? God wants you to have joy—He created you so you could have joy (see 2 Nephi 2:25).

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, has said, “If life and its rushed pace and many stresses have made it difficult for you to feel like rejoicing, then perhaps now is a good time to refocus on what matters most.”<sup>1</sup>

Heavenly Father promised that those who keep His commandments will receive “never-ending happiness” (Mosiah 2:41). Never-ending is a whole lot of joy, but it all starts one day at a time. Start with just five minutes at a time, and you’ll be on your way to feeling joy more frequently.

*Turn the page for five ideas to get you started.*



PHOTOGRAPHS BY CRAIG BELL AND  
ISTOCK/THINKSTOCK

Here are a few things you can do today—no matter what your schedule looks like.



### Ponder

Take a few minutes to step back from everything. Listen to the birds or the wind as you reflect on God's creations and who you are as His child. Take the time to "be still and know that [He is] God" (D&C 101:16).



### YOU CAN REJOICE

"Joy is more than happiness. Joy is the ultimate sensation of well-being. It comes from being complete and in harmony with our Creator and his eternal laws."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, "Joy and Mercy," *Ensign*, Nov. 1991, 73.



### Share a Scripture

Read a conference talk or search the scriptures for an inspiring quote. Text it to a friend or family member or share it on social media. Spending a few minutes focusing on and sharing spiritual things is a great way to feel good.

### Express Gratitude

Keep a little notebook and write down things you're grateful for each day, especially when it's hard to find joy in what you're doing. *Choosing gratitude* uplifts your feelings.



### Give Appreciation

Think about the people in your life who encourage and support you—parents, leaders, teachers, grandparents, or friends. Take the time to call or text one of them and say how much you love or appreciate them. It's even better if you talk face-to-face.



### Secret Service

There are plenty of five-minute secret acts of service you can perform around your house or for your neighbors or classmates. Empty the dishwasher, make a sibling's bed, take the garbage out, help someone carry their gear, or write a nice note to someone who's feeling down. **NE**

*Karee Brown lives in Utah, USA.*

#### NOTE

1. Dieter F. Uchtdorf, "Of Things That Matter Most," *Ensign*, Nov. 2010, 22.

### ARE YOU REALLY FEELING JOY OR ARE YOU ENJOYING A SITUATION?

Sometimes we think *joy* and *enjoyment* are the same, but they aren't.

**To enjoy** is temporary. It's taking delight or pleasure in an activity or occasion. Enjoyment is what you feel when you're being entertained or eating your favorite treat.

**Joy** is lasting. Joy can be eternal. It's a feeling of great pleasure and happiness. The good feeling you get when you recognize that Heavenly Father loves you or when you feel peace and happiness in the temple—that's joy.