

Be Well. Care Well.

# Be Well Bulletin

# SQUEEZE MORE JOY

INTO YOUR SUMMER

**Summer** is the perfect time to make space for the things that bring you **joy**. While life can feel busy, joy is often found in simple moments, such as enjoying a favorite drink, spending time with loved ones, listening to music, or watching a beautiful sunset. **This summer, challenge yourself to do more of what makes you smile. Small moments of joy can boost well-being, reduce stress, and help you show up as your best self for both yourself and others.**

## REFLECTION QUESTION

*What's is one simple thing that brings you joy that you'd like to make more time for this summer?*



## JOY JAR CHALLENGE



Throughout June, write down one thing that brought you joy each day and place it in a jar.

**At the end of the month, read through your notes and reflect on the moments that made you smile.**



JUNE 2026