



THE POWER OF JOY

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In the search for everything that leads us to improve and rescue mental health, I found a simple, natural and very powerful strategy; It's about joy. Health has a very deep origin and lies in doing things naturally simple in search of balance. This balance is achieved when you smile, when you laugh, when you enjoy, you remain free of the appearance of disease.

When you get up you have to laugh, did you know that in the Zen monasteries when the monks get up the first thing they do is laugh?

Joy is an internal and spiritual state that generates happiness and enjoyment; It is personal, without ego, it flows spontaneously and is permanent. It is not exhausted, it is contagious, it is innate in human beings.

What happens in the brain when we laugh?

Endorphins are produced, creating the feeling of well-being. Such as a natural analgesic, which influences the immune system, raising the defenses that reduce the risks of diseases. Endorphins are involved in the production of sex hormones, harmonizing emotions and stimulating the creation of dopamine, which has tranquilizing effects.

Endorphins are produced and raised too, when we exercise, when we eat healthy foods, when we receive the ultraviolet rays of the sun and this gives us the feeling of harmony; they help us to feel good, to feel part of a whole. Endorphins are the key to happiness and are the regulators of pleasure.

Did you know that endorphins are diminished or do not occur when we are sad, worried or negative?

Joy generates important effects in our brain and in other body systems; stimulates the immune, endocrine and nervous system. It also improves the conditions of the cells. It is considered the oxygen of happiness.

Neurotransmitters of the brain that are increased with joy:

- Transmitters of vital energy, responsible for improving the nervous connections.
- Activators of creativity and imagination, which reduce tension and release negative stress.
- Reducers of pain, anxiety, make the cells of the body stay healthy.
- Activators of health, physical, mental, emotional and spiritual.

Joy is magic. This increases when we feel excited, when we have powerful, positive thoughts, when we adopt the attitude of optimism and when we observe the beauty of the environment while planning or doing activities.

The feeling of joy is also increased when we face new situations, when we have projects, when we feel useful and when we do our earnest best. Joy is the satisfaction of living consciously, breathing and observing while we are learning.

We can learn to seek joy in everything we do. Laugh about mistakes, smiling when we face difficulties. This helps to see the positive in that situation.

Some ideas on how to create joy in your life:

- Joy is decreed: we can make lists of options, opportunities, goals, dreams, among other things.
- Stimulate the senses: dress in bright colors, harmonious and bright; surround ourselves with pleasant images; taste healthy, different foods, harmonious aromas and seek places with natural light. Also listen to happy music, instrumental music, dance and / or develop artistic activities.
- Have relaxing habits: rest, sleep well, meditate, give yourself a massage, swim, play, embrace, everything that generates harmony.
- Do dynamic and extreme activities: Running, sports, climbing, cycling, extreme sports or impact activities.

To seek happiness gives freedom, allows you to be authentic and without ties. It helps to free addictions and the suffering that occurs when we give power to the external or to others to fill our spaces and make us happy. Searching for joy allows you to let go of the need to win, to compete, to be right, because everything is already given and is in you.

Joy is the ability to marvel at life, to be open and sensitive to simple and everyday things, to discover the qualities of others, to love unconditionally, and to enjoy the environment by being willing to make changes.

Did you know that Colombia was declared the country where people feel happiest?

According to the study carried out by WinGallup International, Colombians declare themselves happy.

The survey was conducted in 2014 to 64,000 people in 65 countries around the world. It was found that, in India, for example, only 2% of its inhabitants feel unhappy. As in Colombia, Fiji, the Philippines and Argentina. **Revista Semana, Colombia, 2014.** (<https://www.semana.com/vida-moderna/articulo/colombia-el-segundo-pais-mas-feliz-del-mundo/414273-3>)

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