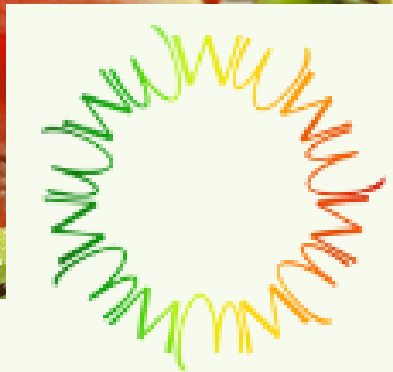


Weekly Wisdom

Grow the Green for You and Your Team



“Everyone I know is looking for solace, hope, and a tasty snack.”

-- Maira Kalman

Help Yourself to a Joy Snack!

Finally. A snack that is truly good for you. No calories. No guilt. To boost your well-being and as an antidote to our stressful lives -- try a “joy snack.”

“By mindfully tuning into the pleasant, nice and sometimes routine experiences of every day, we can transform an otherwise mundane moment into something more meaningful and even joyful.”

Savoring nuggets of joy helps grow a good and meaningful life.

Research finds that when people recount recent meaningful experiences, it is the simple things that stand out -- a walk in nature, a warm conversation, time spent with friends.

Joy snacking isn't about “creating meaning in your head. It's about detecting meaning that's already out there.”

Go ahead. Help yourself to a joy snack. Heck, have as many as you want! They're so good for you!