

Creating Moments of Joy

The following are possibilities for distracting/soothing you during painful moments by creating moments of joy to counteract them. Of course, they can be good things to do at any time. It will be worthwhile to learn what types of things are emotionally uplifting for you routinely. Avoid things that have side effects that are hurtful for you.

Hymns

How Great Thou Art
Battle Hymn of Republic
Morning Has Broken
Let There be Peace on Earth
Come and Find the Quiet Center
On Eagle's Wings
Spirit Song
How Great Thou Art
The Old Rugged Cross
He Leadeth Me
Open My Eyes, That I May See
Blest Be the Tie That Binds
It Is Well With My Soul
My Jesus I Love Thee
Immortal, Invisible, God Only Wise
Joy to the World
Handel's Messiah

Other music

Somewhere Over the Rainbow sung by Israel Kamakawiwo'ole.
Lauren Daigle -- "You Say" is my go to anthem
-- I am enough!
Songs by Straight No Chaser acapella group

Other things that soothe or distract

Hiking at Fountainhead Park on Ox Road is a favorite place to go -- Fairfax County Park
Rocking chair in the sun on my patio
Sing or yell at top of my lungs in my car
Brisk walks adding stomping and air punching
Communing with nature
Loving my new grandson
Reading
Traveling
Cooking ethnic foods, but especially my grandmother's recipes
Devil's food cake with ganache icing
Chocolate fudge

Popcorn
Tapioca pudding
Chicken pot pie
Nostalgia tv—Andy Griffith, Golden Girls
Buying or planting tulips
Going for a walk, preferably near water or with a friend
Eating Samoas (Girl Scout cookies, a rare treat)
Spending time with loved ones
Sitting on the beach looking for dolphins and surfers
Soaking in bath tub
Planning vacation
Going to a movie in the middle of the week
Jogging, walking
Crossword puzzle
Looking at photo album
Projects around the house
Sports—golf, tennis
Gardening
Meetings at church
Going to beach or park
Reading outside
Laying in the sun
Painting, writing poetry
Calling a friend
Seeing grandchildren
Shopping for Christmas presents
Writing a diary
Going out to lunch or dinner
Playing with pet
Making a picnic for yourself

Google "pleasant events schedule" to get additional ideas.