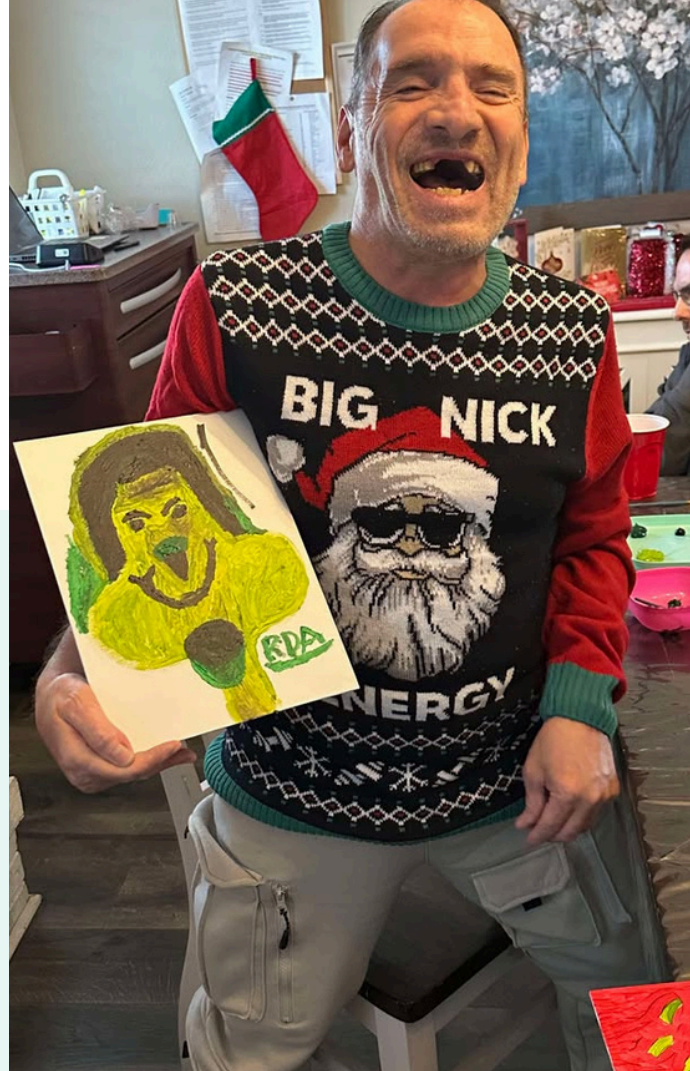


# The Big Joy Challenge

Tiny moments. Big joy.

Winter can feel heavy, so this season we're choosing intentional joy. Research shows just 5–10 minutes of small, joyful actions a day can boost mood, lower stress, and improve connection in as little as a week.

Let's create some intentional joy for ourselves, our teams, and the people we support.



## Need Ideas?

1. Dance to one favorite song
2. Listen to music that lifts your mood
3. Find a quiet spot to enjoy silence or a pretty view
4. Pay someone a genuine compliment
5. Write a quick card or note of appreciation
6. Tell a joke and really laugh
7. Make silly faces with a coworker or friend
8. Pet an animal
9. Volunteer a little of your time
10. Text a loved one and tell them why they matter
11. Take a few rounds of calm, box breathing
12. Sing in the car, shower, or office
13. Treat yourself or someone else to a special tea or coffee
14. Clean or organize one tiny space
15. Read a few pages of a book
16. Do a creative hobby, even for a few minutes



## How to Join:

- Spend 5–10 minutes each day doing one small act of joy.
- Snap a photo or capture the moment.
- Send your joy moments to [LifeofAurora@AuroraServices.com](mailto:LifeofAurora@AuroraServices.com).
- **Submissions open until 1/31/2026**