

10 Tips for Finding Everyday Comfort & Joy



from Colette Lafia
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Slow down for five minutes and be present.

Today, when you ask someone, “How are you?” take the time to really listen. Listening to another person is a true gift of comfort in our busy world.

A photograph of a greenhouse interior. The structure is made of metal frames and translucent panels. In the center, a wooden table holds a large potted plant with long, thin leaves and several smaller seedlings in trays. The background is filled with lush green foliage, and the lighting is soft and natural, suggesting an indoor garden environment.

Encourage
someone to take
a comfort break
with you.

See a movie or an art show, walk barefoot in the sand, or enjoy your garden.

Find easy ways to
create more comfort
in your home.



A comfortable home benefits everyone who lives there and everyone who visits. Get new throw pillows for the sofa, put fresh flowers in a vase on the dining table, make Sunday morning breakfast, or clear out the linen closet and neatly fold the towels.



Imagine a thread connecting every human being.

Connecting yourself to the web of life can provide comfort. We are not in each other's way, but we are the way for each other. We are the sources of comfort for one another.

Create a moment in the morning that brings comfort to those around you.



Put out a bowl of fresh fruit on the breakfast table, give your spouse a good morning hug, say hello to the person serving coffee, or offer someone your seat on the bus.



Give something that brings you comfort
to someone else who needs comfort.

It could be a book, a picture, a figurine, a rosary, or
a soft sweater. Offer this gift as a sign of support
and caring.



Listen to another person without feeling any pressure to give advice or solve a problem.

Sometimes all another person wants is the comfort of being listened to.

Imagine how many drops of comfort you receive from simple, yet sacred objects.



Recognize objects that give you comfort, such as a wedding ring or a photo of a loved one.

Let your everyday routines be a
continual source of comfort.



Enjoy the pleasure and comfort that your first sip of coffee or tea in the morning brings. Snuggle into bed for comfort. Relish in other moments in your day that bring joy.



Send a card, a note, or an email to comfort someone.

Remember a special occasion, acknowledge an accomplishment, or offer support during a difficult time or transition.



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