

## **10 Tips for Finding Everyday Comfort**

**From: *Comfort and Joy: Simple Ways to Care for Ourselves and Others***

**1. 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.

**2. 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.

**3. 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.

**4. 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.

**5. 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.

**6. Give something of comfort of yours 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.

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

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

**8. Imagine how many drops of comfort you receive from simple but sacred objects.**

Recognize objects that give you comfort i.e.: a wedding ring or a photo of a loved one.

**9. 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.

**10. Send a card, a note, or email to comfort someone.**

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