



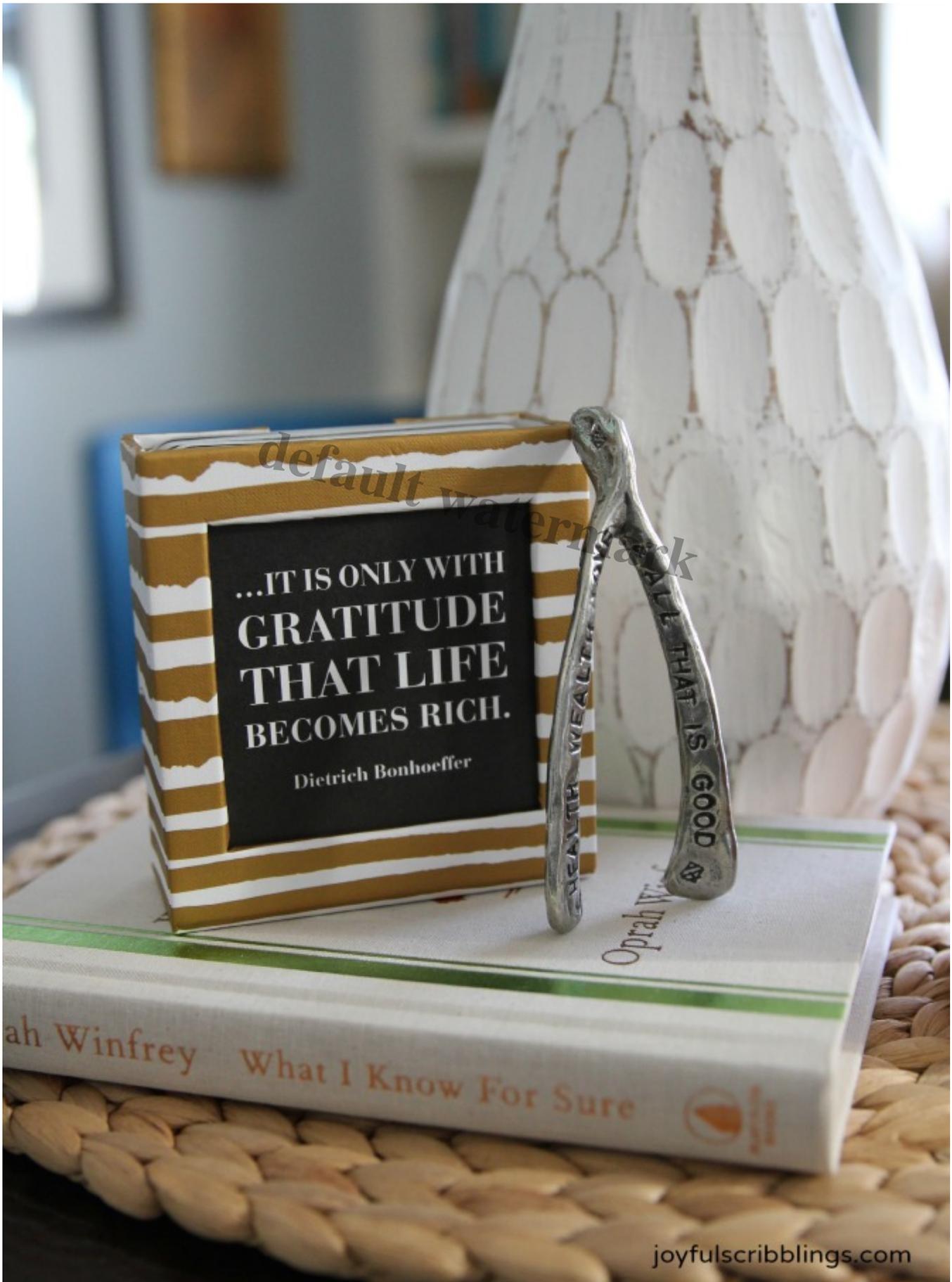
## Finding Joy When You're In a Funk

### Description

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Have you ever been in a slump or as I like to call it a funk? I have many times and for the past several days I've been in one which makes it difficult to find the joy in the everyday. After coming back from my spring break vacation I thought I would be rejuvenated, but instead it just reminded me of how I long to live near the ocean. My hairstylist thinks I'm still in "all-inclusive mode". All-inclusive living required me to do nothing, but rest. Meals were cooked, my living quarters were cleaned, and my only concern was claiming a beach chair with an umbrella which my husband kindly took care of. All-inclusive mode is a great life for a while and I feel blessed to have experienced it, but then it's back to reality.



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I've lived in my home for 16 years and many of my neighbors are moving on. Things change and that is reality. The timing isn't right for us to move to my somewhere in the future home by the ocean, but there is the feeling of being left behind. Friends are updating to new homes or moving out of the area and on to new things. We have some home projects that we'll be starting soon that I'm excited to share, but I still feel stuck at times. Melissa at [The Inspired Room](#) recently shared a post titled ["Finding Joy at Home -When You're Not Feeling It"](#). To quote Melissa, "The everyday hum drum, I can't do what I want right now sometimes can make life feel a little dull at home. Every day the ordinary can be more beautiful and inspiring if you want it to be." Melissa recently wrote her first book called [Love The Home You Have](#). I'm excited to read it and do some of her Love Your Home Challenges and share my journey with you.

That my friends was my intention for starting this blog. Sometimes I get a little sidetracked, but I keep coming back to the need to find the joy in the details of everyday life and not just the big moments. Stories and things that make me smile require more work sometimes than it seems like they should. There are many days I don't feel like cooking, decorating and organizing my home. Everything seems like a chore, even Pinterest.

Being in a slump or funk can stem from many reasons: the loss of a loved one, financial setbacks, illness, poor body image and quite possibly perimenopause in my case. The invention of social media certainly doesn't help matters when all you see are the glamorous and fun part of other's lives. Getting things out of my head and on paper helps me discern what is truth and what are stories I've told myself.

I get up and take a step.

I try to follow my routines or change things up a little.

I show gratitude even though I may not be feeling it.

I eat a lot of chocolate, like the [mocha chocolate brownies](#) I shared earlier this week. However, I pay for it later.

I sometimes browse the aisles of Target (my happy place).

I call my friends and maybe schedule time to do something fun with them.

I read inspirational articles or books.

I pray and ask for joy in perseverance and then I pray some more. The hard part sometimes is listening and obeying.

What has worked for you in the past or what steps do you take to get out of a slump/funk? Please share in the comments and let me know I'm not alone in this. We can all learn from each other.

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