A Gentle Roadmap back to Joy

For People Living with Chronic Symptoms

When you live with chronic symptoms, life can feel heavy and healing can feel lonely. Pain, fatigue, or stress may dim your spark, and joy can seem like a distant memory. Even when you crave more lightness and ease, it's hard to know where to start.

At mindbodyJOY, we offer a gentle, science-backed space where you can take small, playful steps to reconnect with joy, creativity, and ease — all within a **vibrant, supportive community that makes healing feel lighter and more possible.**

You don't have to walk your joy journey alone.

mindbodyJOY

Ready, Set, Joy!

mindbodyJOY is the first-of-its-kind chronic joy community. **We make joy doable, playful, and shared.**

Through gentle guidance, science-backed practices, and a vibrant community, we help people reconnect with what lights them up, one joyful step at a time.

Find your Play Personality

Take our Play Personality Quiz, based on Dr. Stuart Brown's research, to uncover how you naturally access joy, flow, and fun — and receive personalized joy experiments to get started.

Weekly Joy Quests

Receive fresh, tiny experiments every Monday to explore microdoses of joy and keep your practice fresh and sustainable.

Weekly Joy Circles

Gentle small-group Zoom gatherings where joy becomes something you practice, not perform. Come as you are and be held in a supportive community.

Pop-up Playdates

Expressive art, laughter yoga, and connection games that spark creativity, laughter, and nervous system safety—lighthearted sprinkles on top of your steady joy rhythm.

Joy as Medicine

Through the mindbodyJOY method, members begin to reframe their relationship with joy.

They come to realize that joy isn't frivolous, optional, or something to be earned after healing — it's a powerful tool that supports the healing process itself.

- **Integrate microdoses of joy to rewire the brain and regulate the nervous system.**
- **Experience moments of ease, laughter, and aliveness — even when symptoms are present**
- **Cultivate joyful connection, support, and a sense of belonging.**

Take the first small step toward more joy.

Start your **FREE 2-Week Trial** and begin your mindbodyJOY journey today.