

DR. TIMOTHY DUKES

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## Change: From Stress to Joy and Back



From stress to Joy and back.

Stress, oxidative stress in particular, seems to increase in direct proportion to our loss of joy. We know we need more joy in our life, but most of us may not know how to find



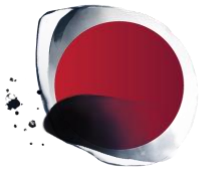
it. Particularly now, when so much is uncertain, life as we know it seems flimsy. Many of us have already had to face change and live with fear, doubt, and frustration that more change is coming and that there may not be much we can do about it. Finally, just considering any kind of change brings on more stress.

That simple fact is; most of us don't know how to change. And even if we did, the measurable and immeasurable risks are simply too high. Most of us just wait... We wait so long that circumstance, life itself, forces change upon us. And usually this does not bring joy.

We fear staying where we are and we fear trying to do something about it! We wait for another day or a better idea - with fantasies of help coming to us from afar. Sometimes we just wait with no idea of what we are waiting for. Change will find us, this is certain, but will it be the kind of change we want? Is there something else we can do besides wait?

Maybe there is a simple solution. Focus on all that is not changing, accept where you are, and open more fully to what you have established that is indisputable. Find joy in what you are doing right in this moment. Seek the core values that brought you to this current place in your life and amplify them.

Joy may not last very long. As the mind seeks the unexpected, it will tend to contract. This allows joy to recede and invites doubt, fear, and frustration. These feelings are important if for no other reason, they motivate us. Let these "negative" emotions motivate you to claim more fully the joy that is available to you right now: deepen your appreciation for the business at hand that you have created, find new value in your relationships, take more risks in opening new avenues of personal and professional development, follow more closely the impulses coming from your heart.



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Image (search “fear and joy”) courtesy of: [Kate Kozyrka](#) [@kozyrka\\_kate](#)

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*