

## Finding your happy place in 2025 “Here Comes Sunshine”

*By: Jill Matlow, Feature Writer, Wall Street Dead aHead Family Member*



*Photo courtesy of Jill Matlow*

*“When we were young we thought life was a game, but then somebody leaves you and you’re never the same. All of the places and people belong to the puzzle but one of the pieces is gone, and it’s you, it’s you, it’s you, joy it’s you.”*

Joy.

I think this year more than ever we will all be seeking joy and working extra hard to frequent our happy places as often as we can to maintain our sanity. Speaking of maintaining sanity, this past weekend (as I often do with many of my weekends), I found myself taking the ferry to East 90th Street and walking over to the Central Park Reservoir.

Serenity now.



The Central Park Reservoir is one of my happy places—so serene and peaceful and I love how the scenery changes so drastically with each season. I usually enjoy getting lost in an audiobook as I circle around the reservoir and on this particular weekend, I was listening to Mel Robbins' latest book called: *The Let Them Theory*, a self-help book focused on recognizing the limits of control.

For those of you who haven't heard of her book, the definition of the "Let Them" quote is: "*When you 'Let Them' do whatever it is that they want to do, it creates more control and emotional peace for you and a better relationship with the people in your life.*"

Amen to that!

In addition to my goal of trying to find my happy place and seeking more joy this year, I will also be making a concerted effort to maintain my inner peace. This book really gave me some useful tools to work with on a daily basis towards that goal. I highly recommend it (along with another of Mel Robbins' books entitled *The 5 Second Rule*—not to be confused with eating food off the floor that you recently dropped).

But back to the reservoir...I realized that being in a calm environment helps me reset and recalibrate. Away from all the noise and chaos from the city, I'm able to give my brain a rest while getting in some great exercise as well (and during this particular stroll, gaining some helpful tips on knowing when to give up control). It's a win-win for sure.

As the new year is now in full swing, I was curious to find out what some of my fellow WSDaH Family members consider to be their happy place where they find joy. Hopefully after reading their stories, you'll be inspired to tap into what brings you inner peace as well.

### ***The wonders of nature***

*"My happy place is anywhere outside for sunrise, ideally with my dog. He's the one who forces me to wake before dawn, so it's actually not something I would normally experience without him. Seeing a sunrise to start the day is of course cliché, so let me explain further. I spend my days listening to people's hopes and dreams, and their challenges and stresses. As a holistic financial planner, I get in pretty deep on my relationship with the families I serve. When I started my practice 5 years ago, I did not realize just how much of a confidant, coach, and therapist I would become. As an empathetic person, some of my days take a lot out of me emotionally. By the end of each day, I am genuinely exhausted.*

*For the previous 10 years, I was responsible for investing capital for similar people, but I officially had no knowledge or insights into the goals or purpose for these funds. The investors checked off the boxes acknowledging they understood the opportunity and the risks, and that was essentially the end of the personal side of the things.*

*I start just about every day in nature, whether it's clear or cloudy or rainy. Before my brain or computer turn on, I have an animal leading me on a mini adventure for 60 to 90 minutes, and we see the darkness turn to light. All the poetic sayings and dead lyrics drift through the subconscious: walk me out, paint by number morning sky, sky was grey with a speck of blue, here comes sunshine, gazing at the fire, sunshine daydream. By the time we're back home for breakfast, I have almost no memory of the stresses of the previous day, and I am ready to roll into and through any challenges that the new day brings."*

[Prem G. Hira](#), Founder, [Investry.com](#)

## **The heart has its beaches**

*“As a full-time working mom in a family with two young boys, finding joy and peace in the hectic days is not always simple. While it’s easy to get caught up in the day-to-day craziness, I always try my best to start with gratitude. I take a moment to appreciate all that I’m grateful for—my family, health, a warm home with an open door where family and friends are always welcome, and a career where I have the opportunity to make a difference in children’s lives. Don’t get me wrong; I use the word ‘try’ because some days, the patch on the bathroom wall that still isn’t painted is all I can focus on.*

*If I think of my happy place, where I feel most at ease, it would have to be the shore. Sun, sand, and rolling waves are where I feel most at peace. Bike rides along the boardwalk to grab coffee in the morning, then sitting on the porch, reading and listening to the sounds of the house waking up, everyone getting excited for what the day will bring—this is my bliss.*

*I find joy in sitting and watching the kids play in the ocean, their faces lighting up with happiness, and realizing that leaving the iPads at home was the right decision. Then, just as the sun begins to set, with skin a little burnt from the day, I put on a cozy hoodie that feels like a warm hug. The kids, so exhausted from the ocean, fall asleep in my arms in the beach chair. We order food to the beach, fully aware that everything will come with a side of sand—but knowing it’s worth it to have a front-row seat to watch the sky turn into a magical show of purples and pinks as the sun sets on another day.*

*The real gift is knowing it doesn’t get much better than this, and tomorrow, you get to do it all over again. I know not every day will be like this one, but it’s these moments I carry with me in my mind when life feels overwhelming and hectic. I remind myself that soon, summer will come again, and my toes will be back in the sand.”*

[Jennifer Mastrì](#), Vice President of Development, [Joe Torre Safe at Home](#)

## **Namaste**

*When Jill asked me to write about something that helps me feel relaxed and zen-like, my first thought is my yoga practice. Yoga creates harmony between the body and mind, encouraging a balanced and healthy lifestyle. It offers a sense of inner peace that extends beyond the yoga mat into my daily life. I practice for fitness and relaxation reasons. Yoga helps me both mentally and physically in my life.*

*It is a powerful practice that benefits both my mind and body. Physically, yoga enhances flexibility, strength, and balance through a combination of poses that engage different muscle groups. It promotes better posture, reduces tension, and can alleviate chronic pain. Beyond the physical benefits, yoga has a profound impact on my mental health by reducing stress and anxiety.*

*I used to make fun of people who claimed yoga changed their lives and helped them deal with the stress of everyday life. I also used to think yoga wasn’t really exercise, that it was easy. Nothing could be further from the truth. If you have good teachers, yoga is all of these things and more and can be a very challenging workout. My advice, incorporate the practice of yoga into your life, you will be so much better off for it.*

[Amy Feldman](#), Director, Strategic Partnerships, [Audacy](#)

## **Off the grid, Into the clarity**

*For me, hiking and camping aren't just pastimes—they're essential resets, a way to step outside the daily grind and refocus. There's a unique kind of peace that comes with being off the grid, surrounded by towering trees or wide-open sky, with nothing but the sound of the wind and the crunch of boots on the trail. It's incredible how just one day in the woods can feel as restorative as a week of vacation in civilization. Something about being out in nature clears my mind and replenishes my energy, kind of like getting lost in a long jam at a show*

*It's also where I do some of my best thinking. There's something about the rhythmic motion of hiking that unlocks a different level of clarity. I can trace some of my biggest life and career decisions back to moments on the trail. One that stands out was a hike outside of Boulder years ago while I was in Colorado for a show at Red Rocks, when I realized it was time to quit my job, go back to school, and shift my career focus. That single moment of insight, brought on by the quiet and space of nature, led me down a path that has shaped my career ever since.*

*Like hiking, camping is one of the best ways to spend meaningful, uninterrupted time with friends and family. It's a rare opportunity to be fully present, free from notifications, endless to-do lists, and the constant hum of modern life. Whether it's a weekend at a family-friendly campground or an off-the-grid adventure, there's something special about gathering around a fire, sharing stories, and falling asleep to the sounds of nature instead of the glow of a screen. Some of my favorite camping spots include Adirondak Loj, which sits at the gateway to the High Peaks of the Adirondacks, and Little Pond Campground in New York, a perfect spot for kids or reluctant campers. And for those who crave something even more remote, renting a backwoods cabin in Colorado State Forest is a fantastic way to disconnect and truly immerse yourself in the wild.*

*When it comes to hiking, I always find myself drawn back to a few favorite trails. Cascade Canyon in Grand Teton National Park is an absolute classic, with dramatic mountain views and an alpine feel that's hard to beat. Camel's Hump in Vermont offers a rugged, rewarding climb and some of the best views in New England. And closer to home, I love walking through the Cora Hartshorn Arboretum, a small but beautiful nature preserve where I serve on the board. It's proof that you don't need to be deep in the wilderness to experience the grounding power of nature—you just need to take the time to step outside and slow down.*

[Jordan Davis](#), Founder & Partner, [Candela Partners](#)

Where is your happy place? We're always open to hearing about what activities and places bring you peace and serenity, especially this year.

***"In time we'll weather this storm, inside together you'll see the change, when the sun shines through..."***

"Joy" by Phish. Joy. JEMP Records, 2009.

Robbins, Mel and Sawyer Robbins. *The Let Them Theory*. Hay House LLC, 2024.

Robbins, Mel. *The 5 Second Rule*. Savio Republic, 2017.