



FINDING JOY

Reduce Stress, Break Through Barriers, and Make a Plan to Increase Your Own Personal Joy Factor



Course Objective: Identify several methods to ensure emotional well-being and avoid burnout

Main Points:

- Caring for and educating young children is difficult work with high emotional labor. You must take time to take care of you!
- You change lives! Highlight and celebrate that each day.
- You are amazing, treat yourself like it. Say "No more" to the mean talk. You deserve better.
- Celebrate your strengths. After all, there is only one YOU!
- Increase your enjoyment of life by paying attention to what brings you authentic joy.
- Take time to build joyful moments into your life and celebrate your strengths. You are worth it!

"Busy is a choice.
Stress is a choice.
Joy is a choice.
Choose well.
-Ann Voskamp"

"Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others."
- Parker Palmer

<p>Happiness</p> <ul style="list-style-type: none"> •Neocortex (Thinking brain) •State of mind <p>•Dependent on external circumstances</p> <ul style="list-style-type: none"> •Conscious thought •Temporary, a place to visit 		<p>Joy</p> <ul style="list-style-type: none"> •Limbic system (Emotional center) •Sustainable inner peace and contentment •Internal, irrespective of outward situation •Subconscious •Long-term, a place to live
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The trick? Focus on finding *JOY!*



Barrier: Our stressors



Crusher! Accept that your stressors are not likely to change much. Do not postpone joy!



Barrier: Being undervalued (maybe even by yourself)



Crusher! Get to know, focus on, and speak to the amazing work you are doing

*My work makes a tremendous difference. The impact is... _____

*I am a.... _____

"You are very powerful, provided you know how powerful you are."
-Yogi Bhajan

"We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light."
- Mary Dunbar



Barrier: Our mind

- We formed our sense of self and beliefs through interaction with others.
- Each of us experienced rejection at some point.



Crusher! Learn to recognize your inner critic.

"You have been criticizing yourself for years, and it hasn't worked. Try *approving* of yourself and see what happens."
- Louise L. Hay



Crusher! Say "NO MORE!" to the mean. Recognize the chatter and let it pass by.



"Leave your front door and your back door open. Allow your thoughts to come and go. Just don't serve them tea."
- Shunryu Suzuki



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Starting Today, I Will Experience More Joy!



Celebrate your strengths! I have gifts and strengths, they are...



- | | | | |
|--------------------------------------|---|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Patient | <input type="checkbox"/> Confident | <input type="checkbox"/> Caring | <input type="checkbox"/> Genuine |
| <input type="checkbox"/> Flexible | <input type="checkbox"/> Adaptable | <input type="checkbox"/> Empowering | <input type="checkbox"/> Self-aware |
| <input type="checkbox"/> Organized | <input type="checkbox"/> Problem-Solver | <input type="checkbox"/> Dedicated | <input type="checkbox"/> Humble |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Resourceful | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Listener | <input type="checkbox"/> Sense of humor | <input type="checkbox"/> Empathetic | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Open-minded | <input type="checkbox"/> High energy | <input type="checkbox"/> Consistent | <input type="checkbox"/> Courage |

“When you are kind to you...Then you can share it with others.”

I am:

I will boost my “joy factor” by...

I will set helpful boundaries by...

I will open my “joy box” when...

I am grateful for...



Barrier: Not knowing what will truly increase my joy factor



Crusher! Know thyself

- Identify how to get one notch up on the emotional scale
 - Put on your joy goggles.
 - For the next week, notice what increases your joy and *do more* of that.
 - Pay attention to what does not bring joy and *do less* of that.



Barrier: No time for joy



Set boundaries for you! (Make room for JOY!)

- Reduce complaining (making space for what you want instead).
- Identify what you *want* to focus on.
- Compartmentalize and focus on the task at hand.
- Build effective transitions between work and personal life.
 - Take a few minutes to "regroup" and find your calm place.
 - Build in a positive "return home" routine.
 - Visualize your positive entrance and greeting.



Create positive, joy-inducing routines



- Make a “box” for joy and *open that box!*
- “Savor” the moment.
- Take time to laugh.



Practice gratitude (A state of being thankful or grateful)

Why? = *Happier you *Fitter you *Better you

“Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings.” – Proverb



What will you do to ensure your emotional well-being and avoid burnout?

