



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, mental health, 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.
- Give the gift of boundaries to yourself and others. Remember, "Clear is kind."
- Take time to build joyful moments into your life. You are worth it!
- Regularly document what you are grateful for. It will shape your heart and mind over time and result in more joy, less stress, and increased positive health outcomes.

"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 • Dependent on external circumstances • 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



What is a statement that says "I value my role!"



Barrier: Our mind

"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

The Problem?

- We formed our sense of self and beliefs through interaction with others.
- Each of us experienced rejection at some point. The erroneous associations, generalizations or conclusions we then made hinder us from performing as we should.
- Repeated thoughts formed a pattern that shaped our future thoughts/actions.
- Our actions influenced which results we experienced.



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



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Finding Joy: Top Tips to Reduce Stress & Increase Your Joy Factor



Crusher! "Lean in" to your unique spark.



Crusher! Learn to recognize your inner critic.

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

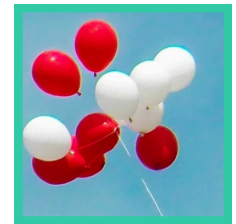


Crusher! Say "NO MORE!" to the mean. Recognize the chatter and let it pass by.

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



Crusher! Think about what you bring that is worthwhile. I have gifts and strengths! They are...



Attributes of Early Childhood Professionals: What unique gifts do you bring to your team?

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

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



Barrier: Other people



Crusher! Assume positive intent

Activity: What is a time someone frustrated you and pushed your boundaries?

*Foundational belief of people living "whole-heartedly": People are doing the best they can. -Brene Brown



Why is this person might be acting this way? Focus on the reason/s that gives them the benefit of the doubt and assume positive intent.



Crusher! Set boundaries for others

- 1) Identify what you need: What are you feeling, thinking, experiencing around this issue?
- 2) Teach others about what you need.
- 3) Choose an approach (resist, give in, negotiate).
- 4) Be ready to follow through.

“Clear is Kind”
- Brene Brown

“Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept.”
- Anna Taylor

“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.”
- Brene Brown

- Other Tips:**
- Make a mantra. "Choose discomfort over resentment."
 - Keep a resentment journal. Write down what's going on.
 - Rehearse. "I can't take that on." or "My plate is full."

★ **PRACTICE**



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Finding Joy: Top Tips to Reduce Stress & Increase Your Joy Factor



Barrier: Unsure of what will truly increase the joy you experience



Crusher! Know thyself

- Try 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 reduces joy and do less of that.

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." –Jean Shinoda Bolen

What will boost your "joy factor"?



Barrier: No time for joy



Crusher! Set boundaries for you!

- Compartmentalize, putting areas of your life into "boxes".
- Only open one "box" at a time (focusing on the task at hand).
- Create no-multitask zones.
- Build in technology breaks.
- Reduce complaining (to make space for what you want).
- Commit to spread joy at work.
- Build effective transitions between your work and personal life.
 - Make sure to "close" the work box.
 - Take a few minutes to "regroup".

What can you do starting *today* to set helpful boundaries for yourself to make room for joy?



Crusher! Create positive joy-inducing routines

- Make a "box" for joy and *open that box!*
- "Savor" the moment.
- Pinpoint the experiences that give you a "joyful body".
- Take time to laugh.

When will you open your "joy box"?



Crusher! Practice gratitude (A state of being thankful or grateful)

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

Practice
GRATITUDE

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

What are you grateful for at work?
The children? The families? A co-worker?



What are several methods you can start right away to ensure emotional well-being and avoid burnout?

- Celebrate what I do well and the critical role I have in my work.
- Recognize my inner critic and let negative thoughts pass by
- Not accept unhelpful, negative thoughts directed at myself
- Set boundaries for others:
 - Assume positive intent
 - Pinpoint what I need and share it with others
 - Follow through on the boundaries I set
- Set boundaries for myself
 - Compartmentalize, putting different areas into "boxes"
 - Only open one box at a time
 - Create no-multi-task-zones
 - Build in technology breaks
- Reduce complaining, focusing on what you want
- Build effective transitions between work and home
 - Close the work box (Tidy up and make a list of essentials for the next day)
 - Take a few minutes to "regroup"
- Create joy-inducing routines
 - Make a "box" for joy and *open that box!*
 - Savor the moment
 - Do things that give you a "joyful body"
 - Take time to laugh
- Practice gratitude
- Others?



What is one step you will take?



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