Creating Joy
(even in times of stress and change)
Hope is always accompanied by the imagination, the will to see what our physical environment seems to deem impossible.

JERICHO BROWN
In Praise of Quarantine Clapping

The highlight of my day — every day — is opening my window and yelling at the sky.

Italians Find ‘a Moment of Joy in This Moment of Anxiety’

Under lock down to prevent the spread of the coronavirus, song breaks out from rooftops, balconies and windows.
Positive Emotions
Engagement
Relationships
Meaning
Achievement
Health
CREATING THE CONDITIONS FOR JOY

PRESENCE  GRATITUDE  CREATIVITY  CONNECTION
Experience & Engagement

● What am I feeling? “Name it to tame it”

Presence and Problem-Solving

● Acknowledgment & focused engagement (i.e., mindfulness), realistic problem-solving

Narrative and Meaning-Making

● What is the story I tell myself? What do I want to remember about this day?

SIX DAILY QUESTIONS

What expectations of “normal” am I letting go of today?

How am I moving my body today?

What am I grateful for today?

Who am I checking in on or connecting with today?

How am I moving my body today?

What beauty am I either creating, cultivating, or inviting in today?
WHAT IS GOOD RIGHT NOW?
"The broaden-and-build theory posits that momentary experiences of mild, everyday positive emotions broaden people’s awareness in ways that, over time and with frequent recurrence, build consequential personal resources that contribute to their overall emotional and physical well-being."

Fredrickson & Joiner, 2018
POSITIVITY
REFLECTIONS

joyful, glad, happy

awe, wonder, amazement

serene, content, peaceful

inspired, uplifted, elevated
WHEN DO YOU SAVOR?
Describe the last time you felt awe.
HOW DO YOU CREATE NEW WAYS OF EXPERIENCING THE WORLD?
https://umma.umich.edu/study_hours/breaktime

YOU ARE SEATED NEAR JOURNEY WITHOUT MAPS BY DAVID BUDD.

Something To Think About:

Before he became a painter, David Budd spent some time working for a circus, where he sold concessions as well as met his first wife, an equestrian ballerina. You might imagine that he ended up painting circus scenes, however, he stuck to an abstract style, and the New York Times described his work as "enormous horizontal canvases covered with thousands of small, thick strokes of paint. Usually monochromatic, with black or dark blue being favorite shades, these strongly tactile surfaces combined aspects of Abstract Expressionism and Minimalism while also being indirectly naturalistic. Their shifting rhythms and often mesmerizing textures could evoke gently swelling waves, dunes or hills." What items or routines are calming to you as you decompress from a stressful day? What are your gentle waves in the circus of everyday life?
Kindness is contagious, and it can cascade across people, taking on new forms along the way.

JAMIL ZAKI
CREATING A KINDER, MORE COMPASSIONATE WORKPLACE

Connect with colleagues
Collaborative culture
Acknowledge others' strengths & positive attributes
Notice others’ emotional well-being
Recognize and respond to distress
Self-compassion

How do you celebrate or acknowledge others?

How can you practice being with others with full presence?

How does your work impact the lives of others?
Happiness is not dependent on circumstances being exactly as we want them to be, or on ourselves being exactly as we’d like to be. Rather, happiness stems from loving ourselves and our lives exactly as they are, knowing that joy and pain, strength and weakness, glory and failure are all essential to the full human experience.

Kristin Neff
May a window of light always surprise you.

—John O'Donohue, *To Bless the Space Between Us*