



Participant Guide

Reclaim Your Joy



Overview

Children experience joy on a regular basis. But when we become adults, time pressures and competing demands can make joy seem like a foreign concept. However, for our overall well-being it's essential that we make time for it. This fun, engaging seminar will help you tune in to what's most important and make a simple plan to incorporate more joy into your daily routine.

Agenda

- ✓ Concept of True Joy
- ✓ Strategies for Finding Joy
- ✓ Overcome barriers to joy
- ✓ Experience Joy on a Regular Basis
- ✓ Supportive Resources

Webinar Length: 1 Hour

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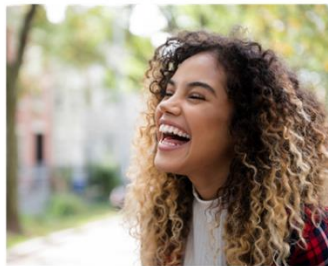
What is Joy?

- Deep enduring sense of wellbeing & contentment not dependent on external circumstances
- Like an inner anchor – quiet, strong, steady
- Not about getting something; it's about being with what is - without resistance
- True joy arises from being present



You Hold the Key

- Practice gratitude
- Make the most of the moments
- Seek & focus on joy
- Give yourself "permission"



The Hedonic Treadmill

- We quickly return to our base level of happiness
- High excitement is often followed by a crash
- Lasting happiness and joy come from within



Pleasure is always derived from something outside you, whereas joy arises from within.
—Eckhart Tolle

Strategy 1

Focus on What You Have

Don't compare yourself to someone else's outside

- Focus on your own goals & dreams
- Look to change the things you can
- Practice gratitude on a regular basis



Strategy 2

Practice Being Present - Mindfulness

- Pay attention to present moment
- Notice thoughts & worries
- Tune into your senses
- Focus on what is



Refer to page 9 for mindfulness strategies

Exercise

Stimulate Your Senses

Senses connected directly to the brain's pleasure centers

- Look
- Listen
- Touch
- Smell
- Taste



Strategy 3

Just Play

- What made you happy as a child?
- How can you infuse some of that into your daily routine?
- Add some silliness to your life
- Allow yourself time to play
- Find "flow activities"



Strategy 4

Engage in a Hobby/Activity

- Time flies by
- Totally absorbed in activity
- Using talents/skills
- Sports, creative outlets, puzzles, projects, etc.
- Can heighten productivity, creativity, happiness



Strategy 5

Unplug to Reconnect

- Mind your media intake
- Take regular vacations from electronics
- Devote time each day to unplugging
- Avoid screens for an hour before bed



Strategy 6

Look for Laughter

- Boosts physical & emotional health
- Helps us see outside the situation
- Increases “feel-good” hormones
- Decreases stress-producing hormones



EXERCISE

Pay Attention to Your Joy Meter

Which areas of my life...

- Drain my joy?
- Fill me with joy?
- Need more focus?



EXERCISE

List three things for each category

1. What drains my joy?

2. What fills me with joy?

3. What needs more focus?

Barriers to Joy

Acknowledge the Challenges

- Mental health struggles
- Feeling marginalized
- Global overwhelm



Build a Path to Joy

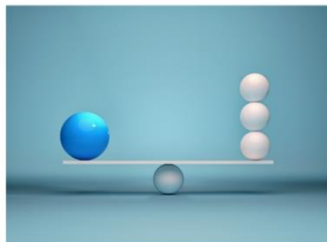
Practical Steps to Reclaim Joy

- Self compassion
- Micro-joy moments
- Connection matters
- Engage in what empowers



Give Yourself Permission

- Weigh WANT TOs vs. HAVE TOs
- Practice saying no, setting boundaries
- Clear physical & emotional clutter
- Take control of things you can
- Seek professional support if needed



Write Joy Into Your Routine

Carve time each day to ...

- Connect with nature
- Take one action towards a goal or dream
- Talk with a supportive person
- Do a random act of kindness



Tying it All Together

- Choose or try different strategies for finding joy
- Commit to at least one thing a day that adds joy to your life
- Set longer-term goals for increasing joy
- Set boundaries, practice saying no
- Utilize available resources



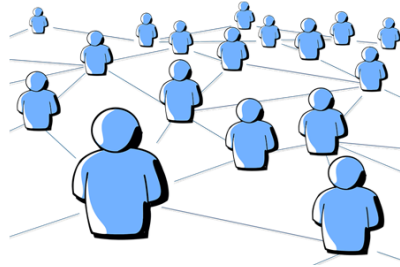
Action Step

What are you willing to try to bring more joy into your life?



Additional Resources

- Any of Louise Hay's books
- Psychologytoday.com
- The Book of Joy: Lasting Happiness in a Changing World by Dalai Lama & Desmond Tutu



Mindfulness Strategies

Tip	Action
Waking Up	While you're still lying in bed, before you do anything else, notice your breathing.
Showering	Open yourself to your senses during your shower. Feeling warm or cool? Notice the scent of your soap, the feel of sudsy shampoo in your hair.
Breakfast	Pay attention to the food you're eating, noting all that went into its creation. A piece of fruit, for example, requires sunshine, fresh air and rich earth and workers to pick and transport it. Look closely at your food, put it into your mouth and taste it.
Walking	Slow down. Pay attention to the movement and skill of walking.
Driving	When stopped at a red light, notice your body. Loosen your hold on the steering wheel. Relax your shoulders.
Lunch	Pay mindful attention to your food, to its flavors, its texture.
End of Work	Reflect on your day. What was good about it? What could you have done differently? Imagine how you would like to be tomorrow.

Finding Joy: Actionable Strategies



Strategy	Tip/Benefit
Gratitude	Appreciate what you have. <ul style="list-style-type: none"> - Begin a gratitude practice. - Start and/or end each day by writing down the things you are grateful for
Mindfulness	Pay attention to the present moment <ul style="list-style-type: none"> - Be aware of thoughts without get stuck in them - Tune into the present moment - If you're outside, really tune into the sights, smells, and sounds around you
Play Time	Be silly, be curious, give yourself permission to simply play. It's essential to experiencing joy. <ul style="list-style-type: none"> - Skip down the street - Dance around the house - Jump on a swing - Whatever brings a smile to your face
Flow State	Engage in a hobby/activity. Flow state refers to being so completely engaged in an activity that you forget about other things. Time flies by, and every action, movement, and thought follows from the previous one, like playing music. <ul style="list-style-type: none"> - Play chess - Complete a puzzle - Paint a picture
Unplug to Reconnect	Some of the best ways to lower stress and promote joy are to: <ul style="list-style-type: none"> - Disconnect from your phone and other electronics - Limit your intake of social media and the news - Devote at least one chunk of time each day to tech-free time - Unplug from all electronics/don't look at screens for at least one hour before bed
Look for Laughter	Look for opportunities to laugh. It's good for your physical health and can increase those "feel-good" hormones: dopamine, serotonin, endorphins. Laughter also decreases cortisol, a stress-producing hormone. <ul style="list-style-type: none"> - Watch a funny movie or comedy show - Make up silly games with your kids or friends - Just smiling will help increase positive feelings

Wellbeing Solutions You Can Rely On

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Personal coaching
Tailored, actionable strategies to achieve personal wellbeing and professional development goals

Parent coaching
Personalized guidance to overcome parenting challenges and build healthier relationships with your children

Financial Coaching
Get expert help with money management, tax basics, investing, retirement planning, and building credit

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Questions? Comments

Thank you!

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