



You DESERVE 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!

"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

- Happiness**
- Neocortex (Thinking brain)
 - State of mind
 - Dependent on external circumstances
 - Conscious thought
 - Temporary, a place to visit



- Joy**
- Limbic system (Emotional center)
 - Sustainable inner peace and contentment
 - Internal, irrespective of outward situation
 - Subconscious
 - Long-term, a place to live

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!"?**

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



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.



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



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...



“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
- 3) Be ready to follow through
 - A. Attempt to reflect what is going on with the other person
 - B. Acknowledge resistance
 - C. Directly assert what you need

“Clear is Kind
– Brene Brown”

“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."

“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”



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



Barrier: Not knowing what will truly increase the joy you experience

Crusher! Know thyself

- Put on your joy goggles in search of what increases your joy factor
- Pay attention to what does not, and do less of that
- Do more of what you enjoy
- Try to get one notch up on the emotional scale

What can you do to get one notch up on the emotional tone scale? What will boost your "joy factor"?



Barrier: No time for joy



Crusher! Set boundaries for you!

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

What can you do starting today to set helpful boundaries for you?



Crusher! Create positive joy-inducing routines, building in time for joy

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

When will you open your "joy box"?



Crusher! 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 are you grateful for at work?
The children? The families? A co-worker? A person with challenging behaviors?**



What are several methods you can use to ensure emotional well-being, mental health, and avoid burnout?

