


CULTIVATING JOY IN YOUR WORKDAY

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DOSE OF JOY



What does joy feel like for you
(i.e., physical sensations)?

WHY JOY MATTERS

A high-angle, top-down photograph of a group of people celebrating. The scene is filled with colorful confetti (red, yellow, blue, white) falling from the sky. Several people's hands are raised in the air, some with fingers spread. In the center, a woman is smiling broadly with her arms raised. To her right, another person is also celebrating. The background shows a paved ground and a guitar lying on the floor. The overall atmosphere is joyful and festive.

- Produces contagious emotions
- Makes us more emotionally resilient and prevents burnout
- Opens us to new ideas
- Strengthens relationships



W h i c h o f t h e s e b e n e f i t s o f j o y i s m o s t i m p o r t a n t t o
y o u r i g h t n o w ?

DEFINING JOY

An intense momentary experience of positive emotion



ORGANIZATIONAL COMPONENTS OF JOY



Harmony

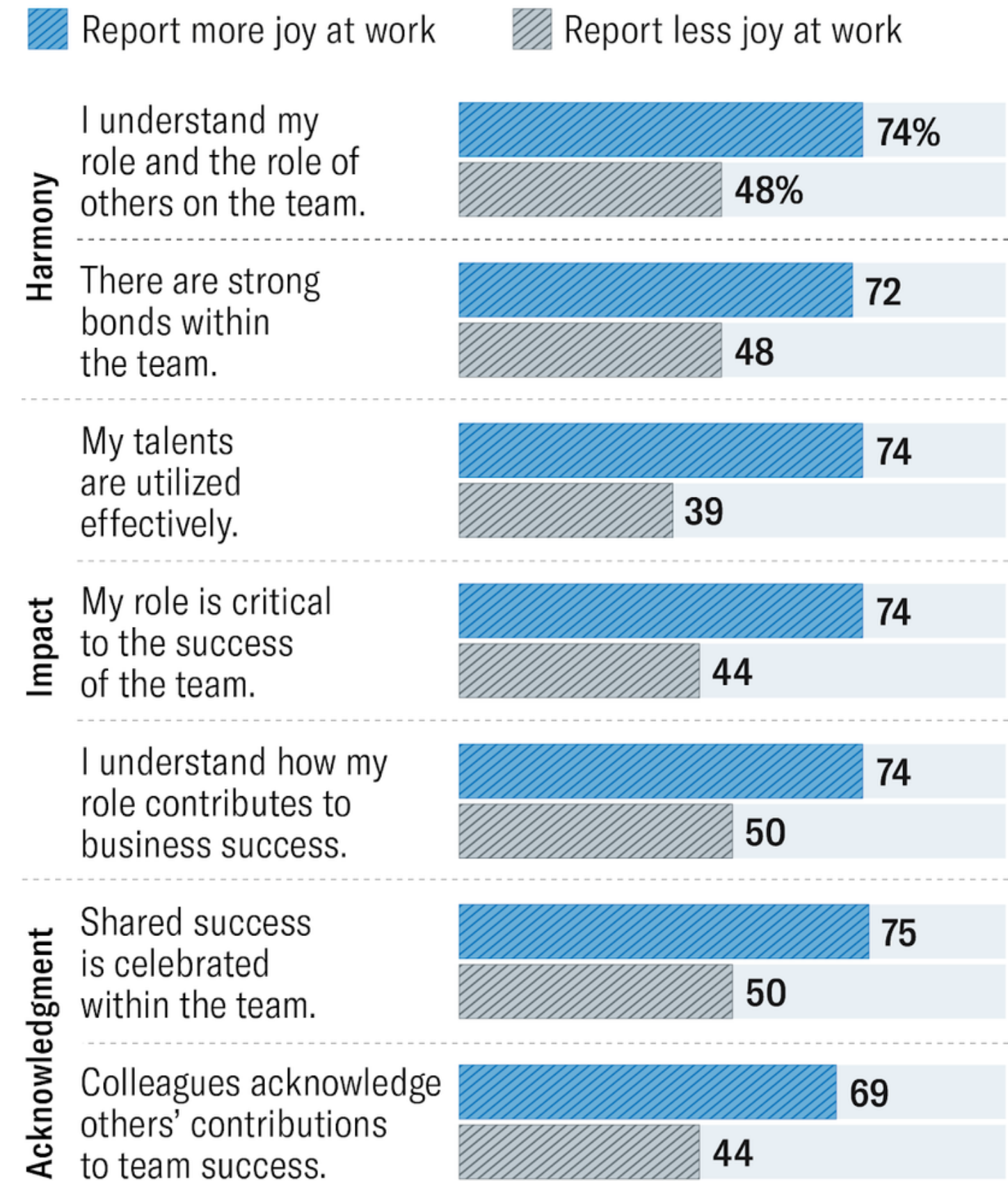


Impact



Acknowledgement

WHAT DRIVES JOY AT WORK



THE AESTHETICS OF JOY



ENERGY

*Vibrant color
and light*

SURPRISE

*Contrast and
whimsy*

ABUNDANCE

*Multiplicity
and variety*

TRANSCENDENCE

*Elevation and
lightness*

FREEDOM

*Nature, wildness
and open space*

MAGIC

*Invisible forces
and illusions*

HARMONY

*Balance, symmetry
and flow*

CELEBRATION

*Synchrony, sparkle
and bursting shapes*

PLAY

*Circles, spheres,
and bubbly forms*

RENEWAL

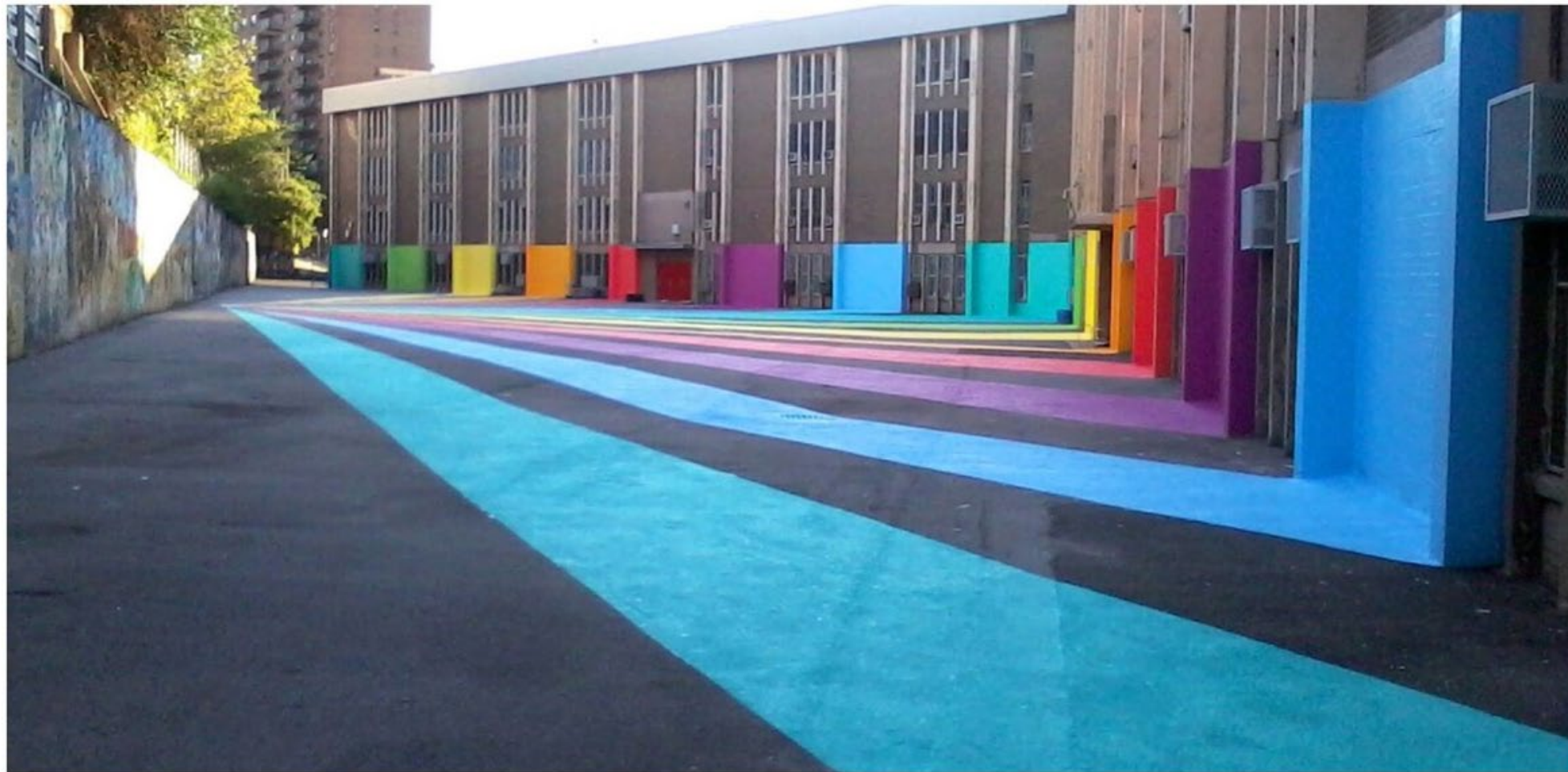
*Blossoming, expansion,
And organic curves*



SAY "YES" TO NATURAL LIGHT.

GO BEYOND NEUTRALS.





Publicolor at Frederick Douglas
Academy in Harlem



INTEGRATE ABUNDANCE THROUGH
COLORS AND SHAPES.

Emmanuelle Moureaux
renovation in Shinjuen Nursing
Home, Kawagoe-City

A low-angle, close-up photograph of a person's feet wearing high-heeled shoes, standing on a light-colored tiled floor. The background is a blurred window with white curtains. The image has a soft, slightly desaturated color palette. Centered over the image is the text "THE LITTLE THINGS ARE THE BIG THINGS." in a white, sans-serif font.

THE LITTLE THINGS
ARE THE BIG THINGS.

A close-up photograph of a woman with voluminous, dark, curly hair. She is laughing heartily, with her eyes squeezed shut and her mouth wide open, showing her teeth. She is wearing a white, off-the-shoulder top. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage. The entire image has a semi-transparent dark overlay, and the text is centered in white.

TO FIND MORE JOY
YOU HAVE TO FEEL IT.

A man in a white shirt and dark trousers is standing on a set of stairs, smiling broadly and giving two thumbs up. The background is a blurred cityscape. The image has a blue tint.

JOY IS SOMETHING YOU CAN
CREATE FOR YOURSELF.

A diverse group of healthcare professionals, including doctors and nurses, are smiling and standing in a clinical setting. The image is overlaid with a semi-transparent blue filter. The text "THERE'S MORE THAN ENOUGH JOY TO GO AROUND." is centered in white, bold, uppercase letters.

THERE'S MORE THAN ENOUGH JOY
TO GO AROUND.

A photograph of a woman with blonde hair, smiling broadly with her hands on her cheeks. The image is overlaid with a semi-transparent blue filter. The text "JOY MAKES MORE JOY." is centered in white, uppercase letters.

JOY MAKES MORE JOY.



What's one way you'll practice joy today?

NEXT STEPS IN CULTIVATING JOY

So What: Creating little moments of joy is vital to our overall wellbeing.

Say What: Invite others into a joy practice to enhance your health, relationships, etc.

Now What: Check out the handout to integrate these insights and practices into your workday.