



Reclaiming your Joy

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Learning Objectives

Define Joy

Understand the principles of reclaiming joy

Develop a plan of action for reclaiming joy

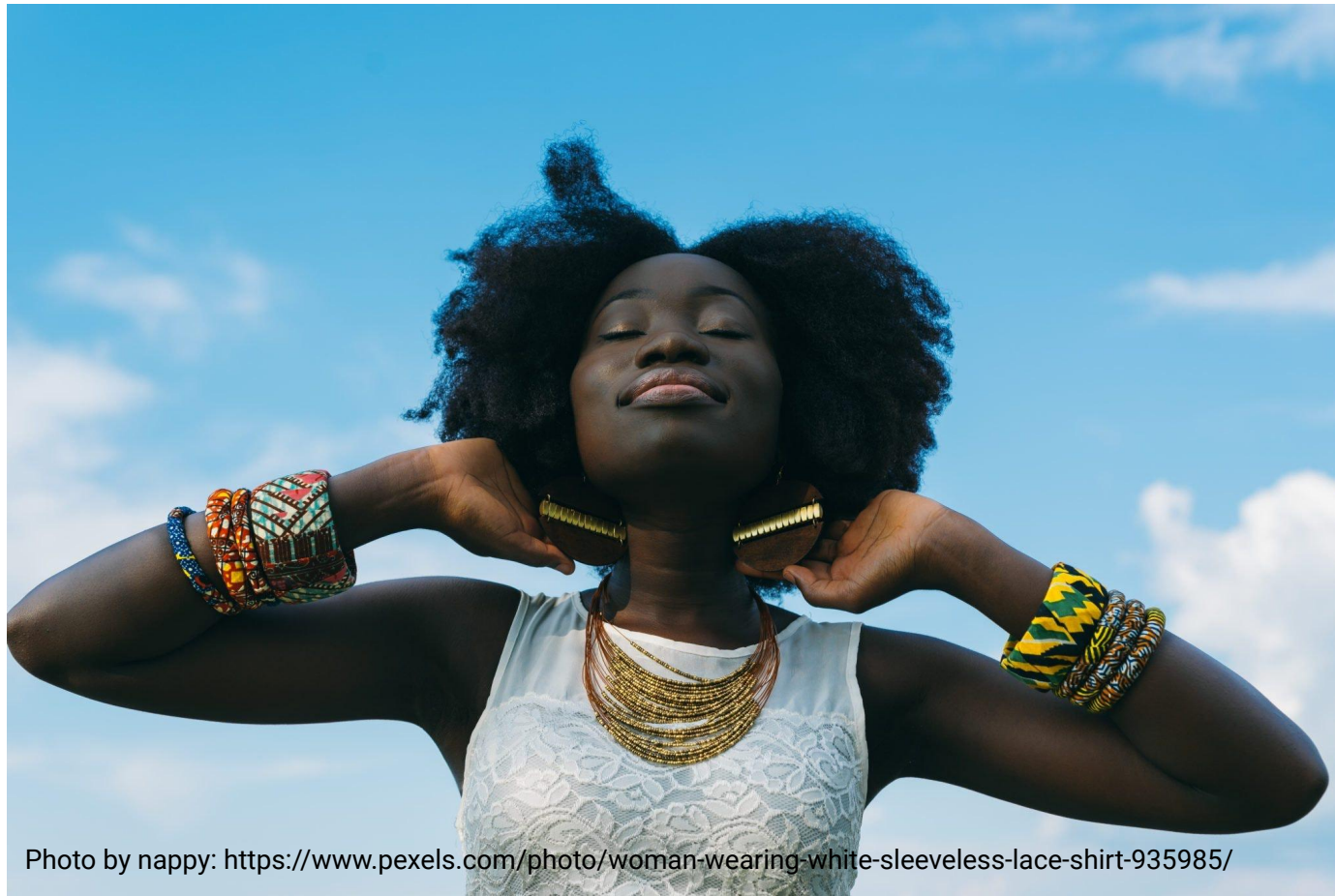


Photo by nappy: <https://www.pexels.com/photo/woman-wearing-white-sleeveless-lace-shirt-935985/>

What is Joy?

“Oppression doesn’t have room for your happiness. You resist it when you find joy anyhow,”

Activist Brittany Packnett

Joy as Resistance

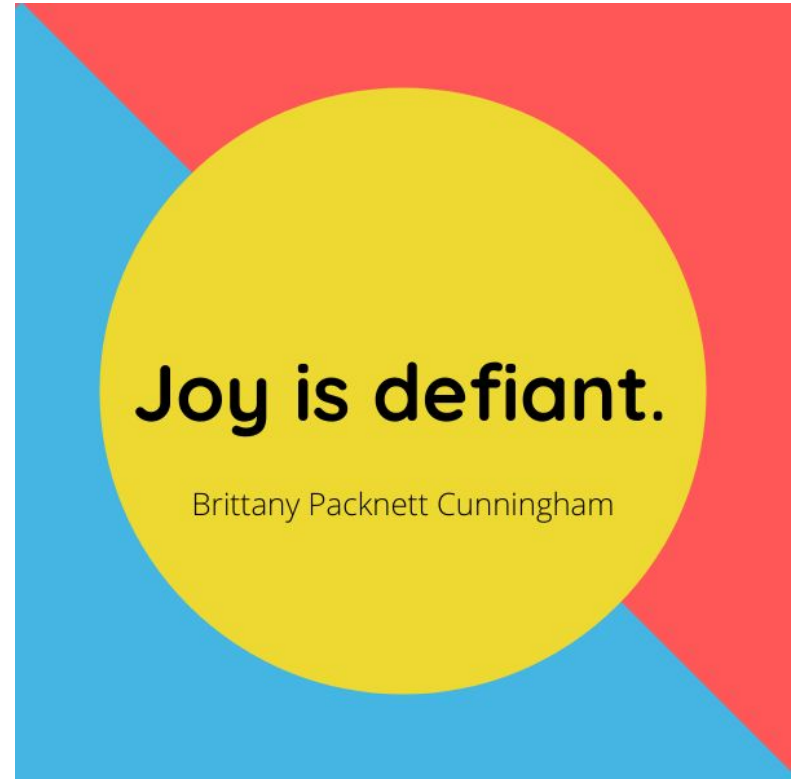




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Why does Joy work as resistant/ defiant force?

JOY IS A PROPULSIVE FORCE

JOY CREATES UNITY

JOY LET'S US RECLAIM OUR HUMANITY

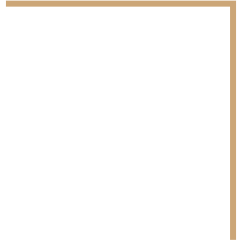
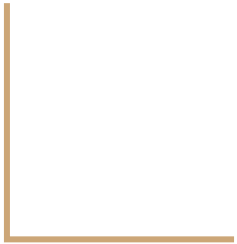
JOY DISRUPTS EXPECTATIONS/ DISARMS

JOY PROMOTES RESILIENCE

JOY GIVES RISE TO HOPE



Case Study: Aneudy



Honeymoon



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<https://www.pexels.com/photo/silhouette-photography-of-man-and-woman-beside-trees-during-sunset-1024973/>

Burnout



Photo by Nataliya Vaitkevich:
<https://www.pexels.com/photo/burned-matchsticks-6837624/>



RECLAIMED JOY

Photo by Nicholas Githiri:

<https://www.pexels.com/photo/man-in-stripped-shirt-waving-1035835/>

How?

Principles of Joy



Reclaiming joy is a solo mission

Joy is always accessible

Photo by Michelle Leman:

<https://www.pexels.com/photo/happy-asian-woman-with-scars-after-breast-removal-6798707/>

What is Required?

Deep Self Knowledge

Deeper Self Love

Endless Self Compassion


Self Knowledge

“There are three things extremely hard: steel, a diamond, and to know one’s self.”
Benjamin Franklin



Self- Knowledge

What drains you?	What fills you?

A photograph of RuPaul, a drag queen, wearing a white, long-sleeved, sequined jumpsuit. Her blonde hair is styled in a large, voluminous, and slightly messy fashion. She is posing with one hand on her hip and the other near her head. The background is black.

"If you **can't love yourself**,
how the hell are you gonna
love **somebody else?**"

- *RuPaul*



Goalcast

Self-Love

Self-love is a **state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth.** Self-love means having a high regard for your own well-being and happiness.

Jeffrey Borenstein, M.D., President & CEO of the Brain & Behavior Research Foundation.

<https://www.bbrfoundation.org/blog/self-love-and-what-it-means>



What does it look like to love yourself?

What is your love language?

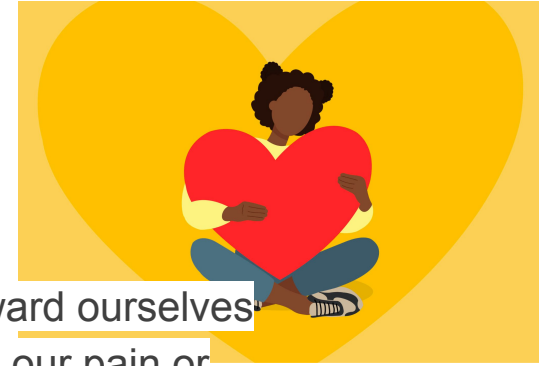
What tools/ gifts do you use to express that love to yourself?

CREATE YOUR LIST

Self- Love



Self Compassion - Kristin Neff



- **Self kindness**

- Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism

- **Common humanity**

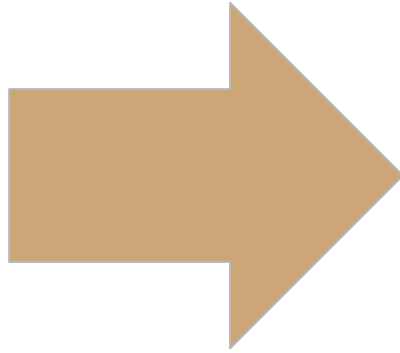
- recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

- **Mindfulness**

- Mindfulness is a non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress or deny them.

Self- Compassion

What is your internal dialogue when you feeling stressed, inadequate, not enough?



Pick one of these statements.

What is the new language or answer you have, or want to have for that comment?

Next steps/ First Steps...



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<https://www.pexels.com/photo/wooden-stairs-to-beach-947448/>



Photo by Ankush Rathi: <https://www.pexels.com/photo/brown-concrete-door-925067/>

Idea to chew on

Choose discomfort over resentment

Schedule and commit to the thing, the activity, the person that fills you up

Practice “yes and...”



Lessons/ Impressions



Photo by Bekka Mongeau:
<https://www.pexels.com/photo/white-printer-paper-22221/>



Thank you!

“My wish for you is joy. When you wish someone joy, you wish peace, love, prosperity, health, happiness... all the good things.”

Dr. Maya Angelou (Twitter)

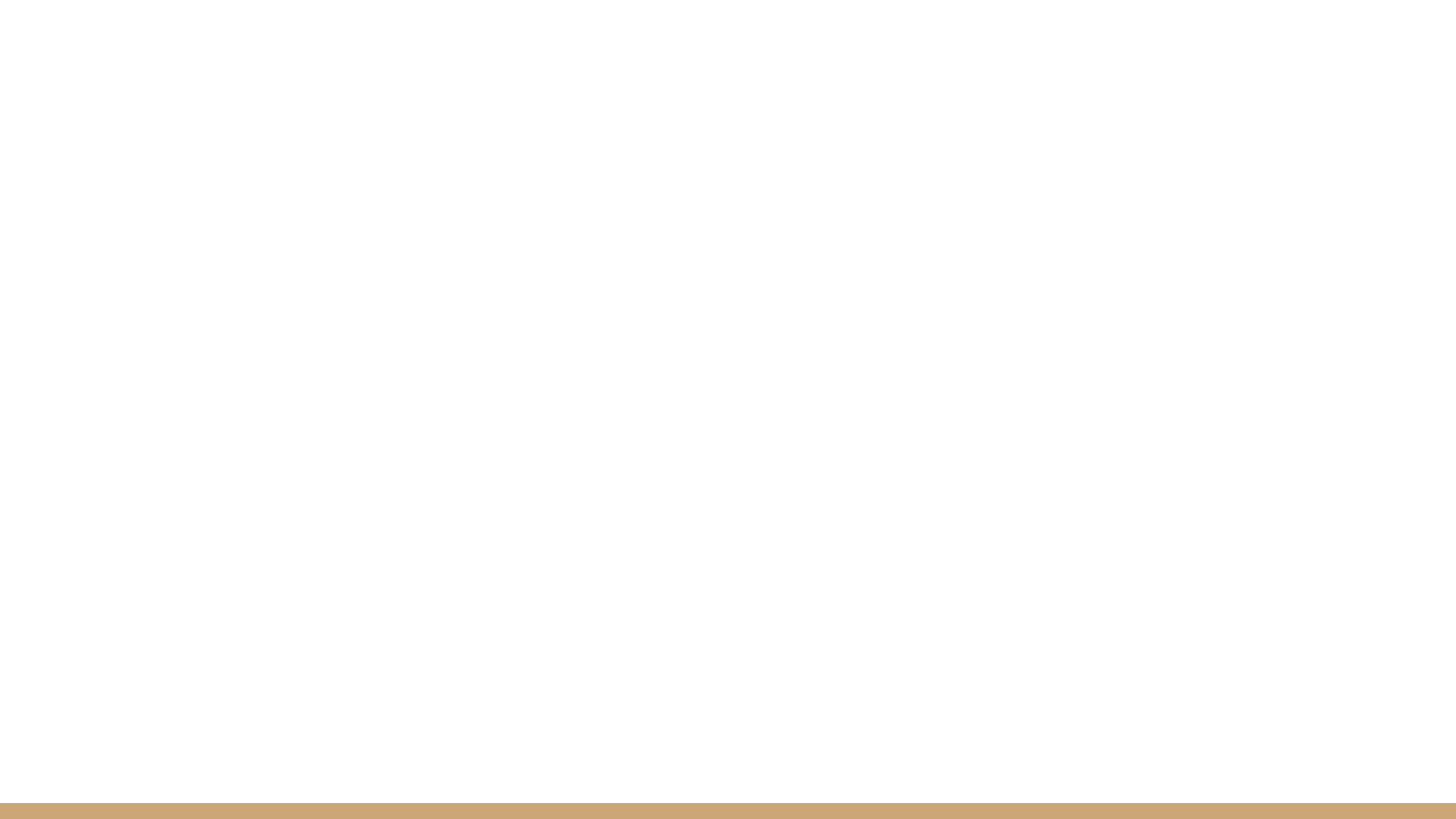






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