

# JOY IN YOUR HEART

## **J:** Journal – Write about life events

Clarify thoughts/emotions, know yourself, solve problems/disagreements

NY Times Writing Prompts <https://static01.nyt.com/images/blogs/learning/pdf/2016/650promptsnarrativewritingLearningNetwork.pdf>

## **O:** Optimism - Find the silver lining in an annoying event & reframe it

- Emphasize the good, be thankful, veer from complaining, believe in yourself
- *Grant me the Serenity to accept the things I cannot change, Courage to change the things I can, And Wisdom to know the difference.*

## **Y:** You - your value, your purpose, your gifts, your time

- VIA Character (Values In Action) [www.viacharacter.org](http://www.viacharacter.org)
- Tell one thing that is important in your life
- Take time for you; Reframe “I don’t have time” to “I am not prioritizing that”.

## IN YOUR

## **H:** Humor – Practice laughter

Funny stories <http://www.rd.com/jokes/funny-stories/>  
[www.laughteronlineuniversity.com/laughter-wellness-workout/](http://www.laughteronlineuniversity.com/laughter-wellness-workout/)

## **E:** Escape – Meditate, pray, exercise

Smartphone apps: <https://www.headspace.com/> ; <https://www.calm.com/>

Living kindness meditation: *May I be happy, may I be well, may I be safe, may I be peaceful and at ease.*

Stand and do 5 yoga chair poses.

## **A:** Ask - Ask team members, family, friends to talk about something that went well; a good day. Ask for details.

Strengthen social supports - Text a friend your gratitude for their friendship.

## **R:** Reflect - weekly self-check

Maslach Burnout Inventory

[https://www.mindtools.com/pages/article/newTCS\\_08.htm](https://www.mindtools.com/pages/article/newTCS_08.htm)

## **T:** Three Things – Log 3 good parts of your day, in 5 minutes, daily for 2 weeks

Instructions [https://duke.qualtrics.com/jfe/form/SV\\_9SIHg1uUTKOvHhj](https://duke.qualtrics.com/jfe/form/SV_9SIHg1uUTKOvHhj)