

JOY IN YOUR HEART for Wellness & Resiliency

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 - Practice finding 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
- 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/

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 up to do 5 mountain or chair yoga poses.

A: Ask - Ask others (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

T: Thankful – Log three things from your day

3 good moments, in 5 minutes daily, for 2 weeks
Instructions https://duke.qualtrics.com/jfe/form/SV_9SIHg1uUTKOvHhj