



5 WAYS TO GENERATE MORE JOY

**A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM**

December 9, 2020

INTRODUCTION



OBJECTIVES

- Define joy and the history of happiness
- Review what can hinder or steal joy
- Explore what can spark joy
- Discuss five ways for generating and maintaining joy

SECTION 1

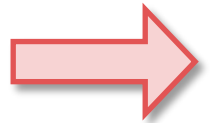
THE MEANING OF JOY AND THE HISTORY OF HAPPINESS

POLL 1

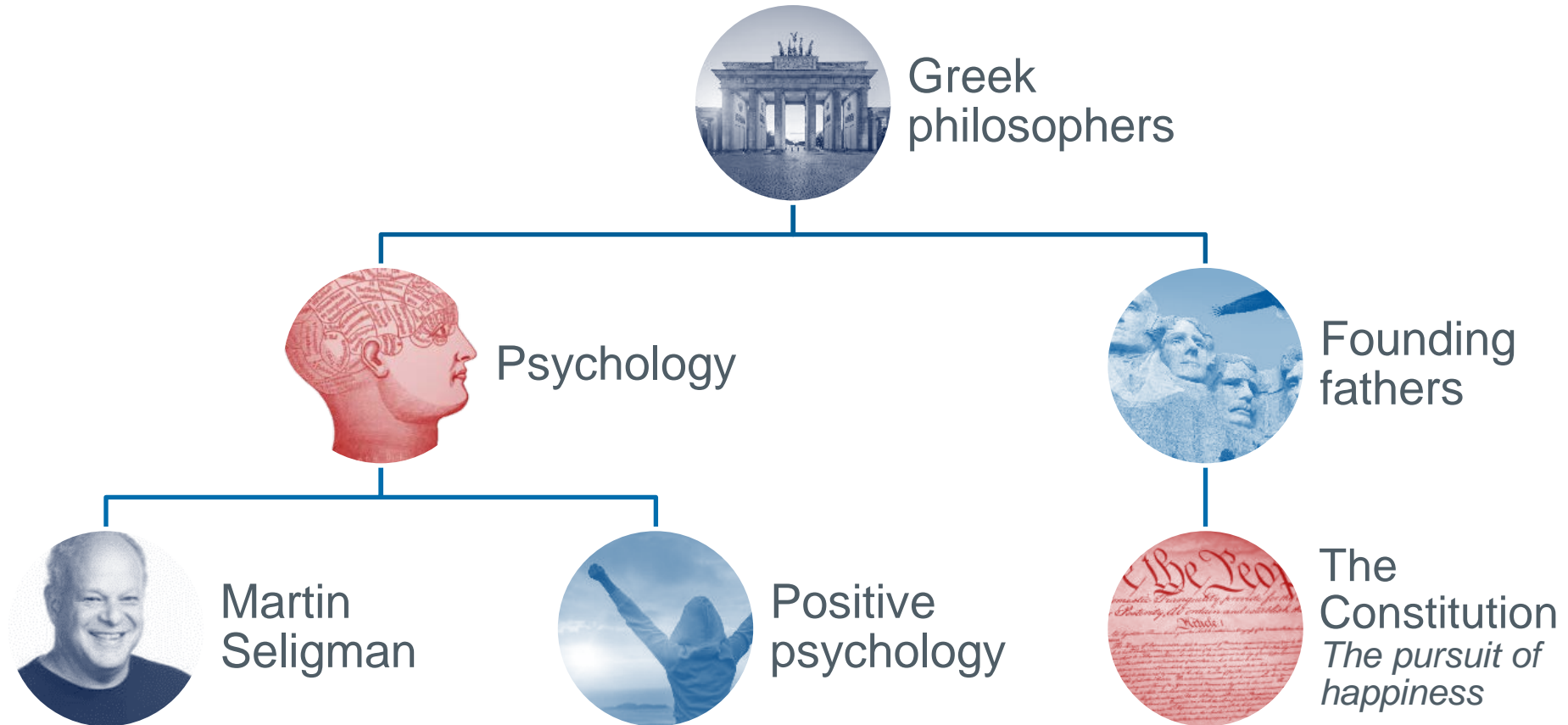
DEFINING JOY

How do you define joy?

Choose all that apply from the polling panel, then click **Submit**.



THE HUMAN CHASE: OUR ETERNAL HUNT FOR HAPPINESS



SECTION 2

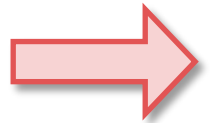
THE TAKERS AND MAKERS OF JOY

POLL 2

THE TAKERS

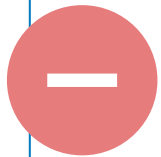
Of the following, which two tend to steal your joy the most?

Choose up to **two answers** from the polling panel, then click **Submit**.

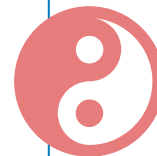
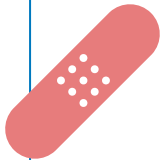
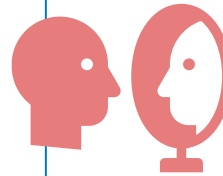


WHAT STEALS JOY

Common joy thieves:

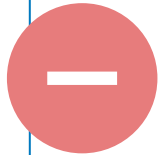


Negativity bias

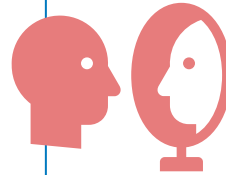


WHAT STEALS JOY

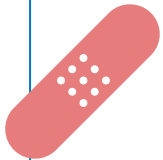
Common joy thieves:



Negativity bias

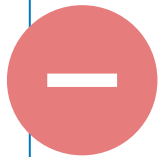


Expecting and reflecting on the negative

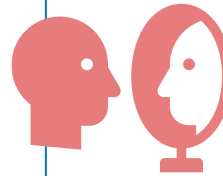


WHAT STEALS JOY

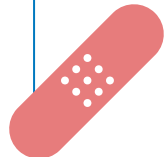
Common joy thieves:



Negativity bias



Expecting and reflecting on the negative

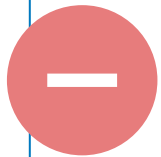


Human response to suffering

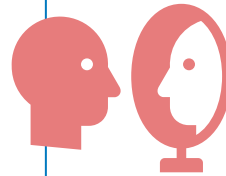


WHAT STEALS JOY

Common joy thieves:



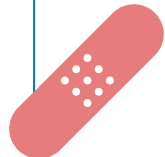
Negativity bias



Our inner critic



Expecting and reflecting on the negative

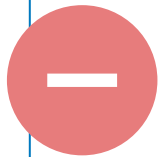


Human response to suffering

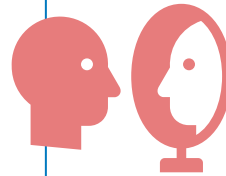


WHAT STEALS JOY

Common joy thieves:



Negativity bias



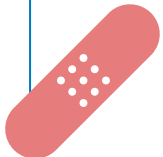
Our inner critic



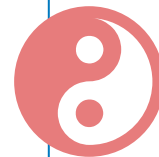
Expecting and reflecting on the negative



An always striving mindset

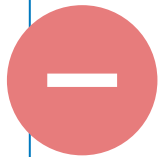


Human response to suffering

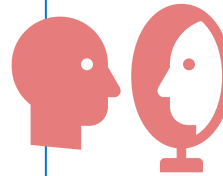


WHAT STEALS JOY

Common joy thieves:



Negativity bias



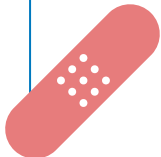
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Human response to suffering



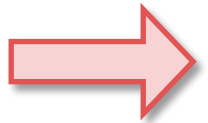
Foreboding joy

POLL 3

THE MAKERS

Which of the following spark
your joy?

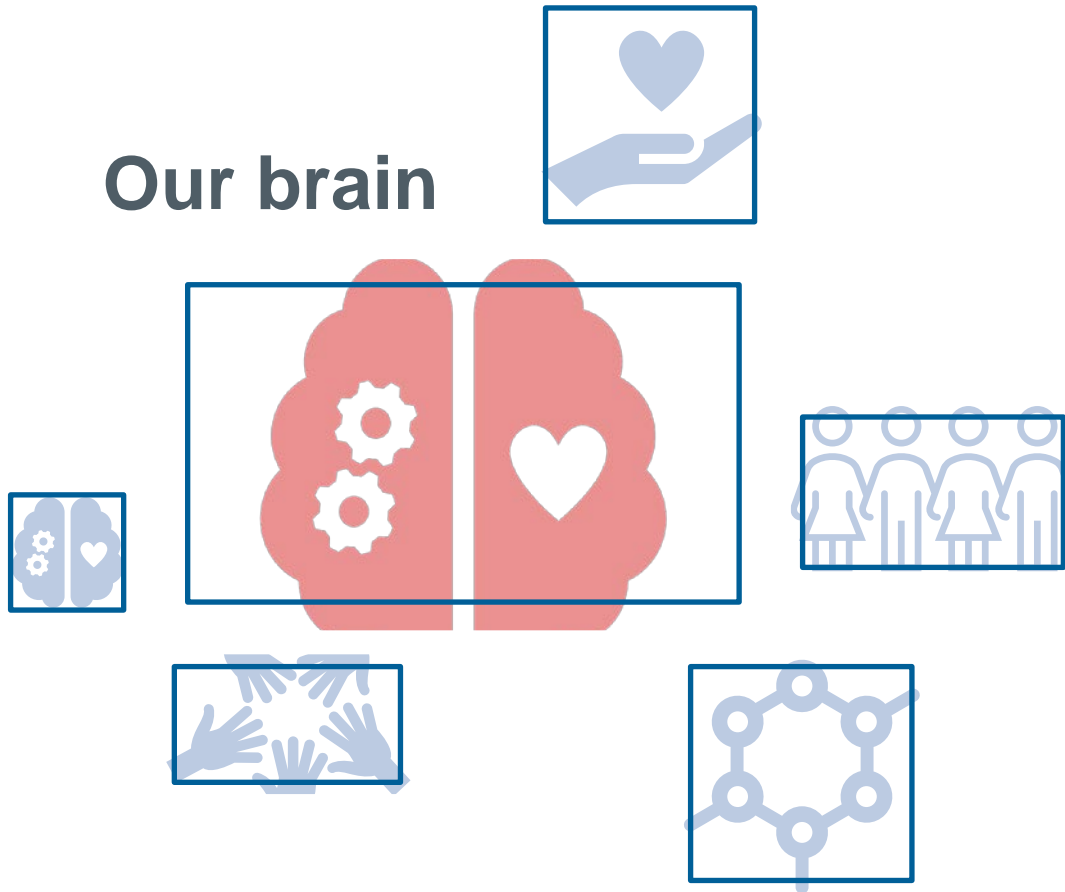
Choose your answer from the
polling panel, then click **Submit**.



WHAT SPARKS JOY

Proven sources of joy

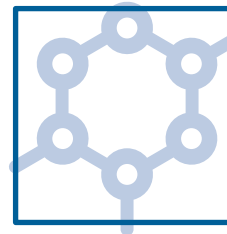
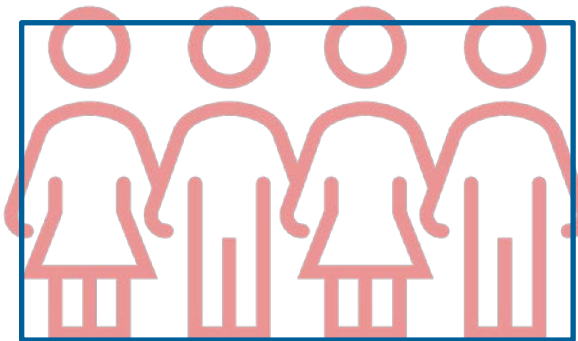
Our brain



WHAT SPARKS JOY

Proven sources of joy

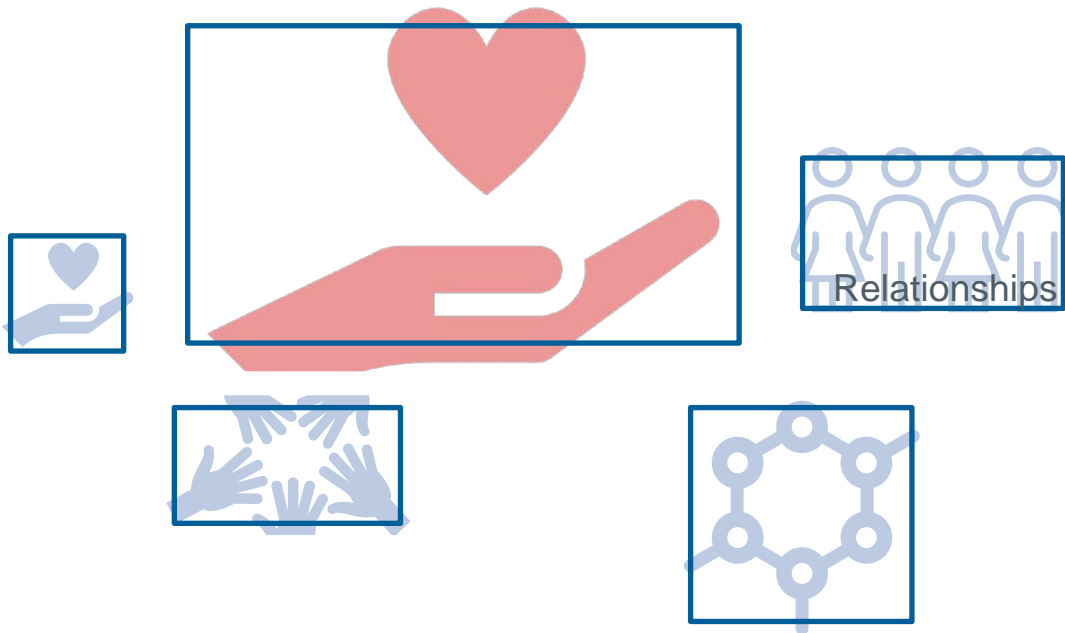
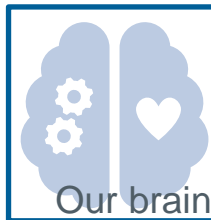
Relationships



WHAT SPARKS JOY

Proven sources of joy

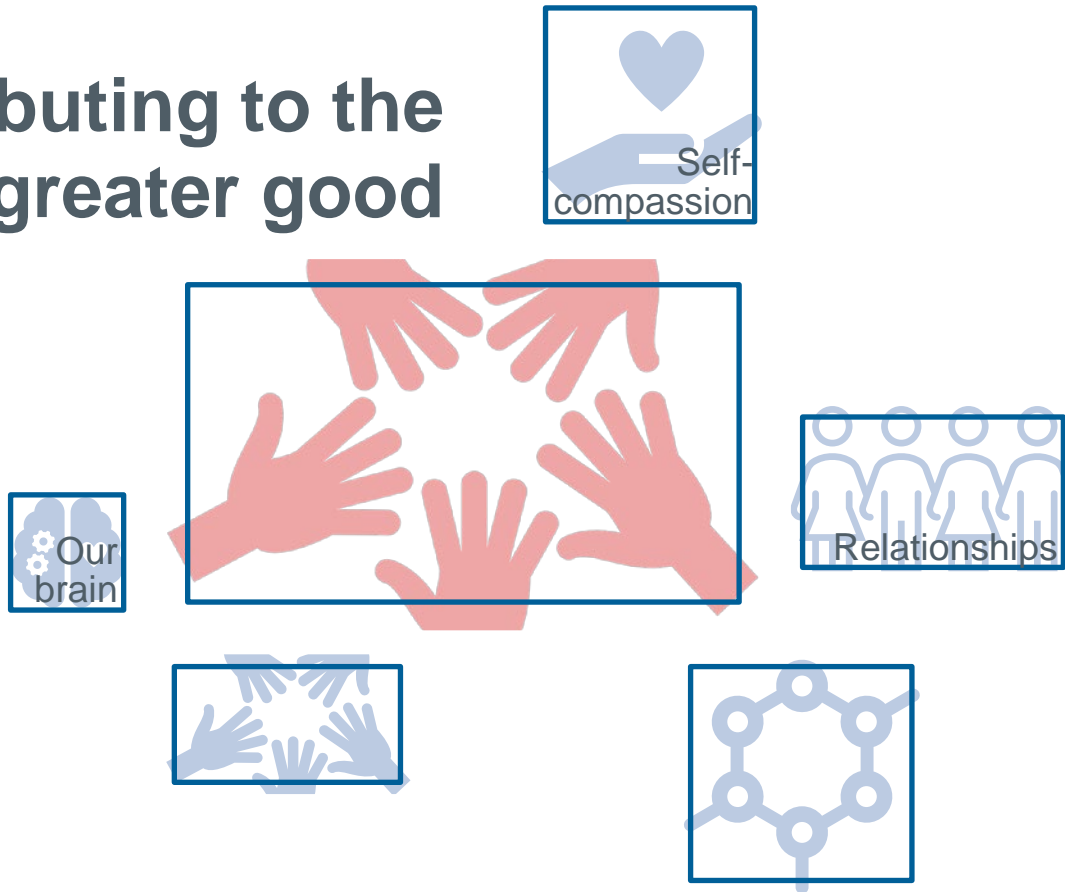
Self-compassion



WHAT SPARKS JOY

Proven sources of joy

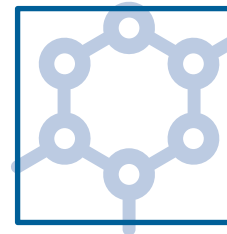
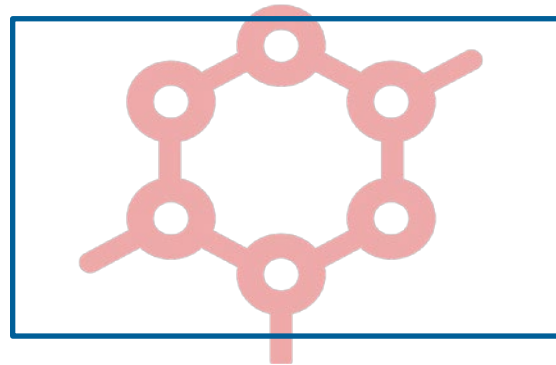
Contributing to the
greater good



WHAT SPARKS JOY

Proven sources of joy

The chemicals
in our body



SECTION 3

5 WAYS TO GENERATE MORE JOY

1. YOUR BRAIN

Your brain



- Stop, Drop, Roll
- Mindfulness
- Gratitude

2. RELATIONSHIPS

Your brain



- Stop, Drop, Roll
- Mindfulness
- Gratitude

Relationships



- Share your vulnerability
- Grow happiness
- Tend to your relationships
- Interact positively

3. SELF-COMPASSION AND SELF-LOVE

Your brain



- Stop, Drop, Roll
- Mindfulness
- Gratitude

Relationships



- Share your vulnerability
- Grow happiness
- Tend to your relationships
- Interact positively

Self-compassion and self-love



- Question negative thoughts
- R.A.I.N.

4. CONTRIBUTING AND FINDING MEANING

Your brain



- Stop, Drop, Roll
- Mindfulness
- Gratitude

Relationships



- Share your vulnerability
- Grow happiness
- Tend to your relationships
- Interact positively

Self-compassion and self-love



- Question negative thoughts
- R.A.I.N.

Contribute and find meaning



- Contribute consistently
- Form meaningful habits

5. YOUR BODY

Your brain



- Stop, Drop, Roll
- Mindfulness
- Gratitude

Relationships



- Share your vulnerability
- Grow happiness
- Tend to your relationships
- Interact positively

Self-compassion & self-love



- Question negative thoughts
- R.A.I.N.

Contribute & find meaning



- Contribute consistently
- Form meaningful habits

Your body



- Exercise
- Laughter
- Learn
- Help others
- See strength and success

SUMMARY

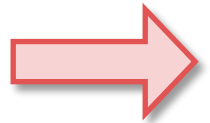


POLL 4

SPARK JOY

What's one behavior you want to do or restart this holiday season?

Choose up to two answers from the polling panel, then click **Submit**.



RESOURCES

Books

- ***The Book of Joy: Lasting Happiness in a Changing World***
 - 14th Dalai Lama, Desmond Tutu, and Douglas Carlton Abrams, 2016
- ***Hardwiring Happiness: The Practical Science of Reshaping Your Brain – and Your Life***
 - Rick Hanson, 2013
- ***Self-Compassion: The Proven Power of Being Kind to Yourself***
 - Kristin Neff, 2015

Websites

- Positive Psychology
 - positivepsychology.com/category/happiness
- Tara Brach Audio/Video Series
 - tarabrach.com/talks-audio-video

Podcasts

- The Science of Success Podcast Series
 - successpodcast.com/get-started
- Greater Good Podcast Series
 - greatergood.berkeley.edu/podcasts

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