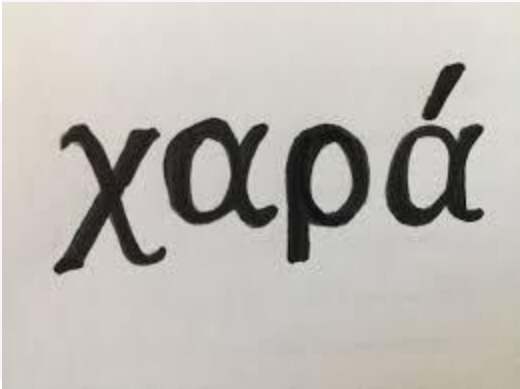


Finding Your Joy

Kelli Carroll, MS, CCLS



Why Joy?



41 | **Sceitimíní** 
(SKETCH-a-meeny)
noun, excited feelings, fits of rapturous excitement
Irish Gaelic:




Why Joy?

- What is joy?
- Connecting with joy
- Sustaining joy



Positivity vs Joy

- positivity: (*n*) the practice of being optimistic in attitude; “choosing to look on the bright side”
- Joy: (*n*) a feeling of great pleasure and happiness
- *A feeling of extreme gladness, delight, arising from a sense of well-being or satisfaction (American Psychological Association)*






• No one ever talks about toxic joy

Why Joy?

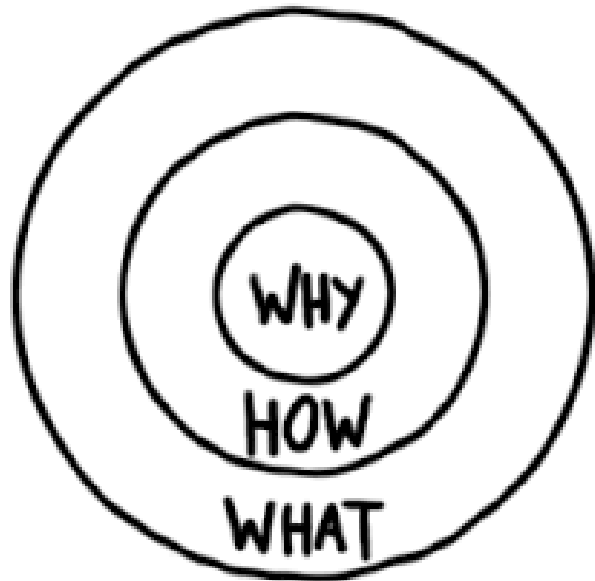
- *“Healthy” is more than the absence of disease. Health is a sense that life is comprehensible, manageable, and meaningful.*
- *“Joy” is more than the absence of burnout. Joy implies meaning and purpose in life. – Aaron Antonovsky, sociologist*



- 
- What brings you joy?
 - What made you fall in love with Child Life?




It Starts With Why




- **What** – every organization on the planet knows *what* they do
- **How** – some organizations know *how* they do it. These are the things that make them special and set them apart
- **Why** – Few organizations know *why* they do it. This is the very reason your organization exists

Start With Why




We believe that hospitalized kids should have the same opportunity to play and connect and express themselves that typically developing kids do. We support that through making our play spaces available so kids see familiar things; we help them connect with other kids experiencing similar things and we empower them to be involved in their care and have a voice to express themselves.



Connecting with Joy

- Start with why

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- ✓ *Make a case for joy (the “why”)*
 - ✓ *Find out what matters (the “how”)*
 - ✓ *Make a plan (the “what”)*

- Resource: Institute for Healthcare Improvement (IHI)



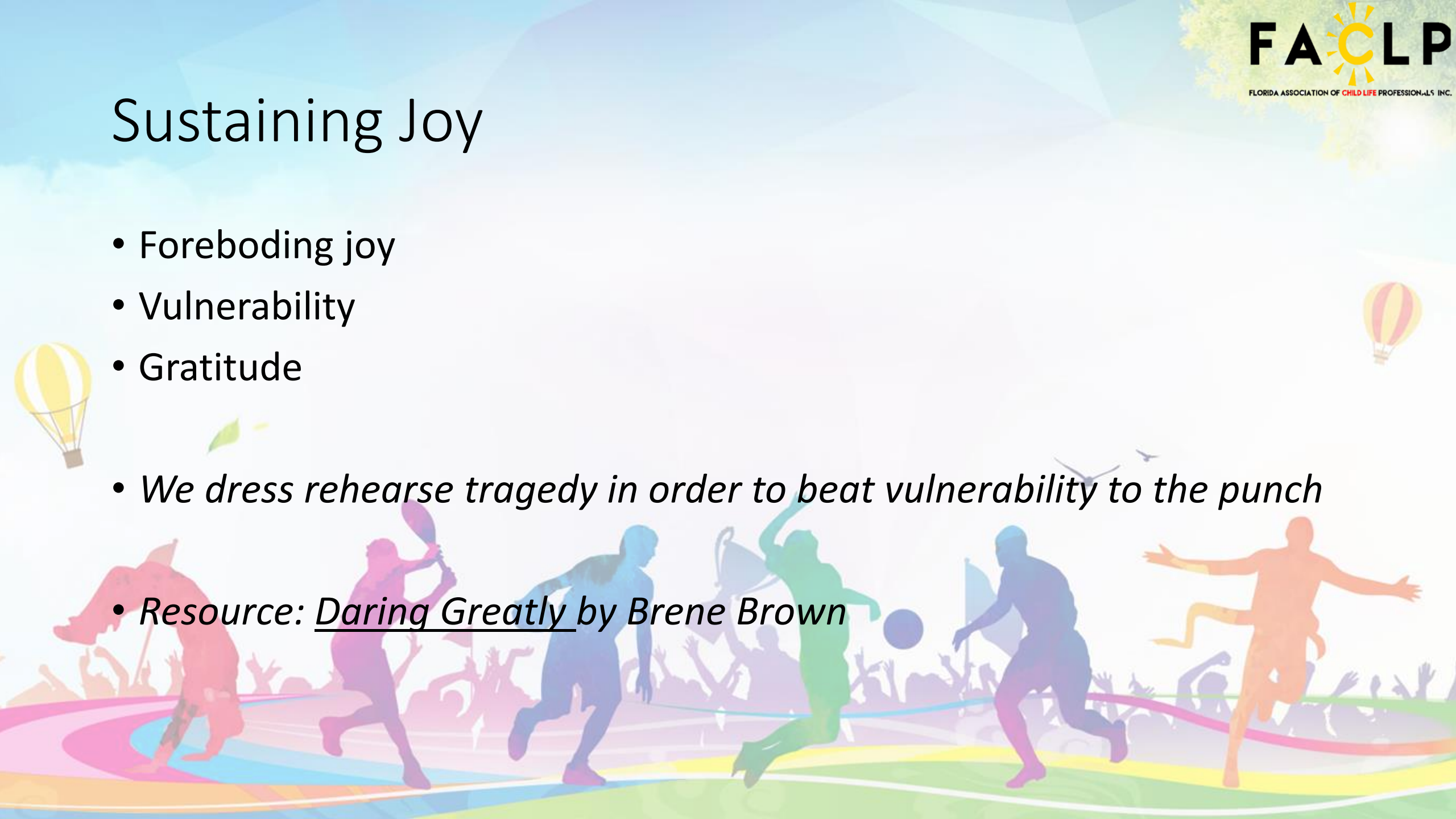
Connecting with Joy

- Joy should be one of healthcare's greatest assets
- Less burnout means more resilience
- Joy is directly related to engagement
- *What matters to you?*



Sustaining Joy

- Foreboding joy
- Vulnerability
- Gratitude
- *We dress rehearsal tragedy in order to beat vulnerability to the punch*
- *Resource: Daring Greatly by Brené Brown*



Sustaining Joy

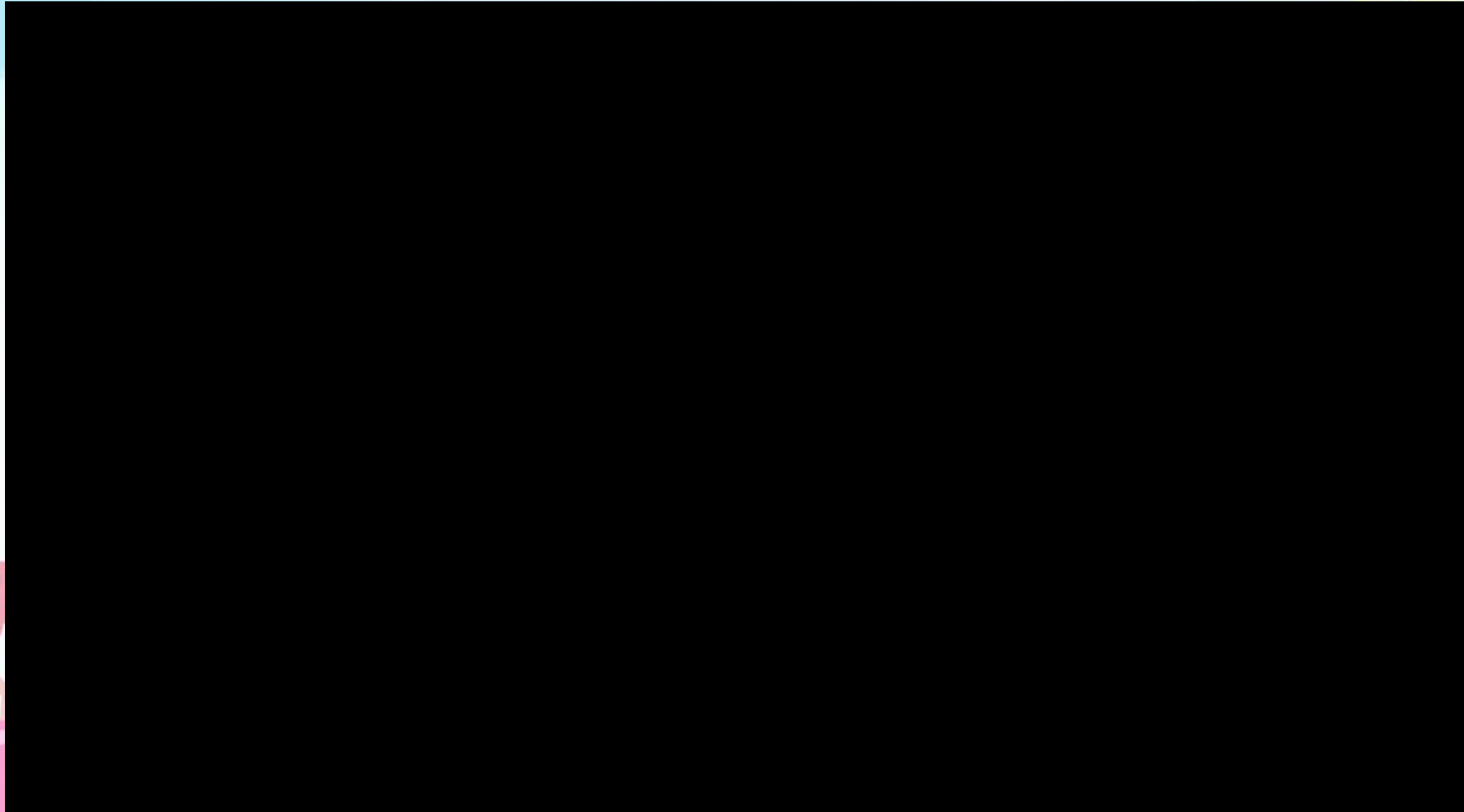
- Practice gratitude
- Cultivate self-awareness
- Build resilience
- Honor the good (not the bad)

• ***Cultivate your inner circle***





Surround yourself with people who get it.



Questions?

Kcarroll@mednet.ucla.edu

 Please remember to go on 
event and fill out the
session survey!

