



Hello JOY!

Week 1

www.Arttherapycentersf.com

About your instructor

Amy Backos PhD, ATR-BC

- Registered and Board Certified Art Therapist
- Licensed psychologist
- Author & educator
- Present, teach and study nationally / internationally
- 25 years experience

- What I enjoy: family, dog, knitting, reading, learning, art, alone time, cake, being of service, fashion, urban hiking, writing, running, waking up early.

www.arttherapycentersf.com





Name one thing which brought you
joy today.

Put your answer in the chat.

Housekeeping

Be kind, positive and respectful in the chat. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing. Everyone is welcome here.

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

This book and the content is property of Dr. Amy Backos and no part can be distributed or shared. There are no refunds.

All rights reserved.

Enjoy!

www.arttherapycentersf.com

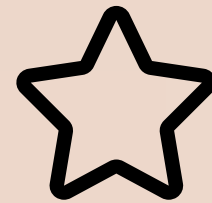


What You Can Expect



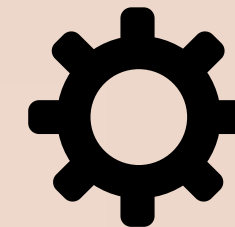
Knowledge

Understand joy and how to cultivate it.



Tools for Change

Learn proven techniques to move towards your values and more joy.



New Relationship to thoughts

Daily practice of writing, art, and scheduling.

Timeline

JOYFUL THOUGHTS

JOYFUL ACTION

WEEK
01

WEEK
02

WEEK
03

WEEK
04

JOYFUL SELF

JOYFUL SPIRIT



Call to mind a moment where you
experienced joy.

What was happening?

Put your answer in the chat.



What is
JOY?

www.Arttherapycentersf.com



Defining Joy

- Feeling happy for no external reason.
- Happy, exuberant feeling, generated internally.
- Feeling of great pleasure and happiness.



Types of Happiness

- ☐ Hedonic Happiness.
- ☐ Eudaimonic Happiness.
- ☐ Which ones are you experiencing these days?



Hedonic Happiness

- Achieved through experiences of pleasure and enjoyment.
- Experience of happiness comes from outside of us.
- Examples: buying something, dining out, getting a raise, etc.
- Over-identification increases suffering: "Hedonic Treadmill" & "Hedonic Adaptation."



What are your favorite kinds of
hedonic happiness?

Put your answer in the chat.



Eudaimonic Happiness

- Achieved through experiences of meaning, value, and purpose.
- Achieved through self actualization and living values.
- Examples: speaking truth, knowing yourself, recognizing what you value & acting on it, helping others, etc.



Where have you found eudaemonic
happiness?

Put your answer in the chat.




What creates
eudaemonic
happiness?

www.Arttherapycentersf.com



The joy we feel has little
to do with the
circumstances of our
lives
and
everything to do with
the focus of our lives.

Russell M. Nelson



Meaning + Purpose = JOY

- Notice what is around & within you and CHOOSE joy.
- Identify values and what is most important to YOU.
- Desire life according to values.
- Willingness to delay gratification.
- Create time & strategies to act according to your values.



Creating Chronic Happiness

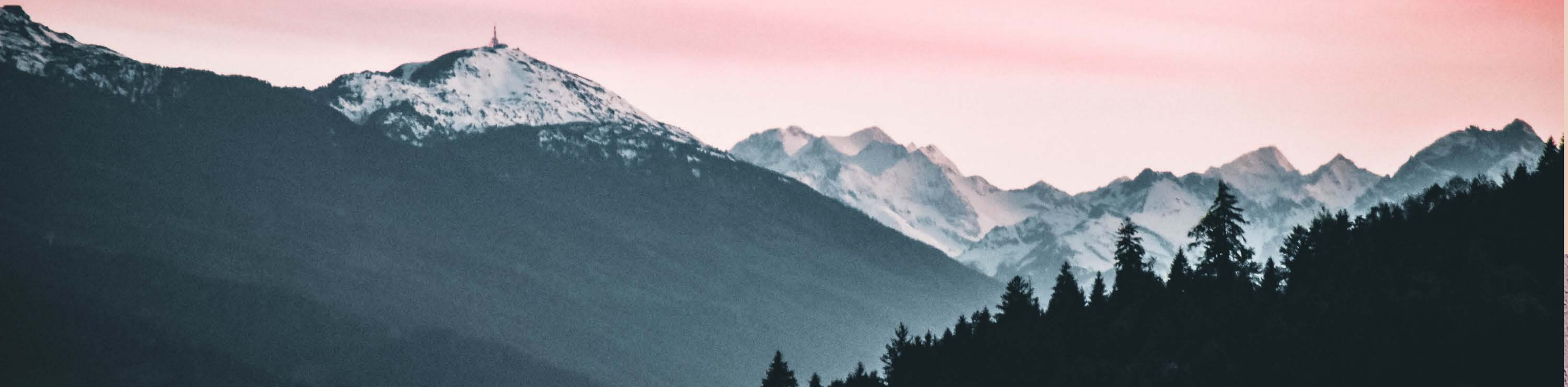
- Ongoing creation of happiness.
- "Chronically happy people" are more successful and make more money than less happy people. Happiness comes before success. (APA, Psych Bulletin).
- Pain psychologists found happy people report lower levels of pain.



True happiness
comes from
the joy of
deeds well done,
the zest
of creating
things new.

Antoine de Saint-Exupery

A Moment of JOY Meditation





What was your moment of joy?

Put your answer in the chat.



Thoughts of JOY



What were you likely thinking
in that moment of joy?

Put your answer in the chat.

Arttherapycentersf.com



Values leading to Joy



What was most important to
you in that joyful moment?

Put your answer in the chat.

Arttherapycentersf.com



Thoughts to
create joy

www.Arttherapycentersf.com



Joyful Thoughts



I appreciate this.



It is possible.



What beauty!



I am curious about that!



Gratitude Thoughts

- Positive emotion: being thankful & appreciative.
- Recognition something good happened to you from another (individual, nature or a divine entity).
- Associated with many mental and physical health benefits...

Cunha, Pellanda & Reppold (2019) Frontiers in Psychology.



Benefits of Gratitude

Better sleep

Better immunity

Higher self-esteem

Decreased stress

Lower blood pressure

Less anxiety and depression

Stronger relationships

Higher levels of optimism



Name one thing you are grateful
for which brings you joy.

Put your answer in the chat.



Gratitude Guide

- ☐ Appreciate what is and is not.
- ☐ Write 3 gratitudes a day.
- ☐ Find something new each day.
- ☐ Tell a friend.
- ☐ Interrupt complaints with gratitude.



Time anxiety

I have no time for that.
You are wasting my time.
I'm going to be late.
I don't have enough time.
I am in a hurry.
Maybe another time.
I am good...busy...but good.



Replace time anxiety with gratitude

I have all the time there is.

In this moment, I am present.

I am grateful to be alive.

I am feeling my feelings.

I am grateful for this moment.

I am curious about what is happening.

I am great! I am happy!



Is joy really
a choice?

www.Arttherapycentersf.com

Choosing joy....

- Happiness and joy are possible.
- Happiness and joy are a stance.
- Joy is an attitude which has nothing to do with our circumstances.
- Remember when you called up memories of joyful moments? You created joy from nothing while staring at your computer. You can do it again any time you want.
- You can create an inner environment of peace all the time, regardless of whatever is happening around you.



Avoiding Toxic Positivity

- A peaceful joyful inner life does not mean you are happy in every moment.
- A full range of human emotions is necessary and beautiful.
- Only in knowing pain and suffering, can we know happiness and joy. The contrast is necessary.



Being open to pain

- Never try to avoid, control, or escape your uncomfortable feelings. Numbing any emotions numbs all emotions.
- Allowing pain is the key to also experiencing happiness and joy.
- In your joyful memories - was there also pain?
- Acceptance of all emotions creates space for joy. The focus on joy allows it to grow.



Your Smile

Sometimes your joy
is the source of your smile.
But sometimes
your smile
can be the source of your joy.

Thich Nhat Hanh

Arttherapycentersf.com





How do
you
show
your
joy?

www.Arttherapycentersf.com

Make a Commitment

noun: the state or quality of being dedicated to
a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose joy!
- **Behavior change** includes creating opportunities to respond differently & lots of decisions to persist at chosen actions or alter how you typically respond.

www.arttherapycentersf.com



Research says...

Success follows a pattern:

If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.



Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to set aside time for creating joy?

YES!

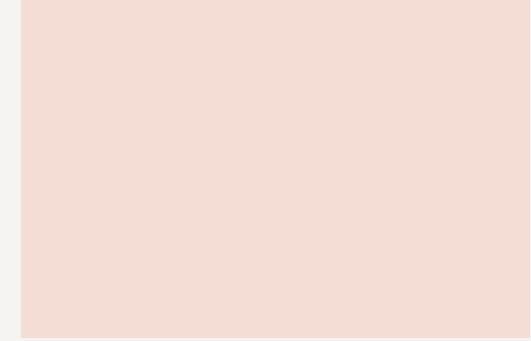


Committed Action



Homework Example

www.Arttherapycentersf.com



Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Savor a joyful moment.

2

**Joyful
Brainstorm.**

3

**Joyful
Dreams**

4

**Creative
Expression
& Reflection**

A vertical strip on the left side of the slide features a close-up of pink cherry blossoms. The flowers are in various stages of bloom, with delicate petals and visible stamens. The background is a soft, out-of-focus pink and white.

Savor a Joyful Memory

pg. 23

- 20 minute writing.
- Spend several minutes recalling a memory which brings you joy (nature, a joyful exchange you shared with someone, or an occasion you found to be very special). Any memory of joy will work here - it does not have to be big or seem joyful to anyone else.
- Write 20 minutes about your joyful experience in as much detail as you can.



Example: My joyful memory

I had so much fun taking the train downtown last week! I have always loved riding on a train! I had not ridden the train since the pandemic. While I watched quite a few train videos on youtube over the past two years, it made me so happy to get on the train myself. In fact, I loved it so much that I did it again two more times this week. I used to consider riding the train a "simple pleasure" since it was just part of my commute or how I got where I wanted to go. Looking back, I see train memories, starting from age 18 have become important to me and line up with my value of wanting to travel and see the world.

A vertical strip on the left side of the slide shows a close-up of pink grasses, possibly Pennstemon, with delicate, feathery flower heads in shades of pink and red against a soft, out-of-focus background.

Joyful Brainstorm pg. 24

- Reflect on where you find small bits of pleasure and joy (playing with a dog, the smell of delicious food, a hug, a friend's smile, the feel of warm water in the shower, shadows below a tree, etc.).
- Write 20 minutes.
- You can keep adding to this list all week as you notice new simple joys.



Example: Joyful Brainstorm

Watching the sunrise

Looking at patterns in shadows

Watching the crows in my neighborhood

Playing with my dog's ears

Knitting

Eating dark chocolate

Watching the fog roll in

Crossing a bridge

Choosing apples at the market

Brushing my hair

A vertical photograph on the left side of the slide shows a couple's hands clasped together. They are holding a string of warm white LED lights. The background is dark, and the lights create a soft, glowing effect around the hands. The person on the left is wearing a dark, textured dress, and the person on the right is wearing a white shirt.

Dream List

pg. 25-27

- What are your wishes and dreams? What would fill you with joy?
- Your mind might interrupt you with thoughts such as "You can't have that." "Don't be silly." or "Who do you think you are?"
- Thank your mind for doing its job and ask it to wait while you savor your joyful dreams.
- Reflect on the process.



Example: Dream List

- Go to Paris.
- Have my own art studio.
- Have a designer wallet.
- Leave my academic job.
- Own a home.
- Have tea at a fancy hotel.



Visual Expression

pg. 28

- Show what joy looks like to you.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous.



Example: Visual Expression

Title: A Statement of Joy

Three words or phrases:

Joyful

Honest

Changing my brain

How I feel: Inspired, joyful, focused



Week in Reflection pg. 29

- Reflect on what you learned about joy, gratitude, and appreciation this week.
- Appreciate your strengths, and focus on your positive actions.
- Notice your thoughts, feelings and actions in alignment with joy.
- Avoid judging yourself for what you did or did not do this week.



Example: Reflection

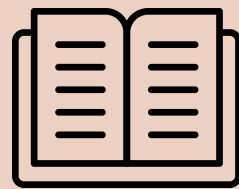
- It really delighted me that much of my previous dream lists have come true. It was through planning and hard work as well as happenstance.
- I appreciate my commitment to joy and making time to enjoy what is happening around me.
- I still check in with my son each night to discuss our gratitudes - I love this!
- I am so happy I can share this information about joy and how to cultivate it with others.



Name one way you will cultivate joy
today.

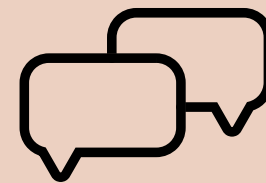
Put your answer in the chat

What To Do Next



Review

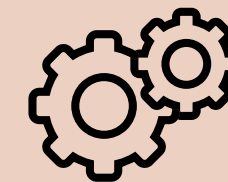
Review pages 2-19 in your workbook.



Make the commitment

Schedule 20 minutes a day & write on your planner.

Complete commitment worksheet on page 12.



Week 1

Read and complete Week 1 exercises and complete worksheets.



Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

You are eligible for a discount on my mini-coaching package! See www.arttherapycentersf.com

Save \$500 by entering the code:
ValueCoaching

www.arttherapycentersf.com



Thank you!

www.Arttherapycentersf.com