



# Positively Living Your Best Work Life with Joy and Meaning

A RESILIENCE TALK

WITH

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# Theme Song

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YOUR  
MENTAL  
HEALTH  
MATTERS

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# MENTAL HEALTH CONTINUUM

EXCELLING	• THRIVING	SURVIVING	STRUGGLING	IN CRISIS
<ul style="list-style-type: none"> <li>• Energetic</li> <li>• Joyful/High Quality of life</li> <li>• Performing Optimally in all areas of life Performance</li> <li>• Prioritizing sleep &amp; recovery &amp; self</li> <li>• Engaging full potential</li> <li>• Physically well</li> <li>• Physically active</li> <li>• Actively seeking connections</li> <li>• Self-compassion</li> <li>• Solution Focused</li> <li>• Self-Confident</li> <li>• Meaning and Purpose Drives you</li> <li>• Values-Driven</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy response to life</li> <li>• Positive &amp; Calm</li> <li>• Functioning Well in all areas life</li> <li>• Sleeping well</li> <li>• Focused</li> <li>• Eating</li> <li>• Socializing</li> <li>• Consistent performance</li> <li>• Good sense of humor</li> </ul>	<ul style="list-style-type: none"> <li>• Worried, Nervous</li> <li>• Edgy</li> <li>• Irritable</li> <li>• Frustrated</li> <li>• Self-doubting</li> <li>• Trouble sleeping</li> <li>• Tired</li> <li>• Distracted</li> <li>• Decreased social activity</li> <li>• Drug/Alcohol Use to Cope with significant stressors</li> <li>• Poor eating habits</li> <li>• Low Self-esteem</li> <li>• Auto pilot</li> <li>• Muscle tension</li> <li>• Headaches</li> <li>• </li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• Anxious</li> <li>• Depressed/Sad</li> <li>• Fatigue</li> <li>• Poor performance in one or all areas of life</li> <li>• Poor concentration</li> <li>• Forgetfulness</li> <li>• Drug/Alcohol Use Abuse to promote daily functioning</li> <li>• Sleep problems</li> <li>• Thoughts about death</li> <li>• Low Self-Worth</li> <li>• Auto pilot</li> <li>• Difficulty controlling Intrusive thoughts/images</li> <li>• Lots of negativity</li> <li>• Poor decision-making</li> </ul>	<ul style="list-style-type: none"> <li>• Suicidal ideations/attempts</li> <li>• Severe anxiety</li> <li>• Significant low mood, depression</li> <li>• Loss of Interests in doing anything pleasurable</li> <li>• Psychosis</li> <li>• Can't function without alcohol/drugs</li> <li>• Avoidance/isolation</li> <li>• Sickness/physical Pains</li> <li>• Purposeless</li> <li>• Exhausted</li> <li>• Unable to perform activities of daily living or duties or tasks</li> <li>• </li> </ul>

# Making Meaning

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# But Why Though

To \_\_\_\_\_ so that  
(Contribution)

\_\_\_\_\_  
(Impact)



# Intentionality

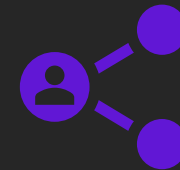
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What's really important to you?

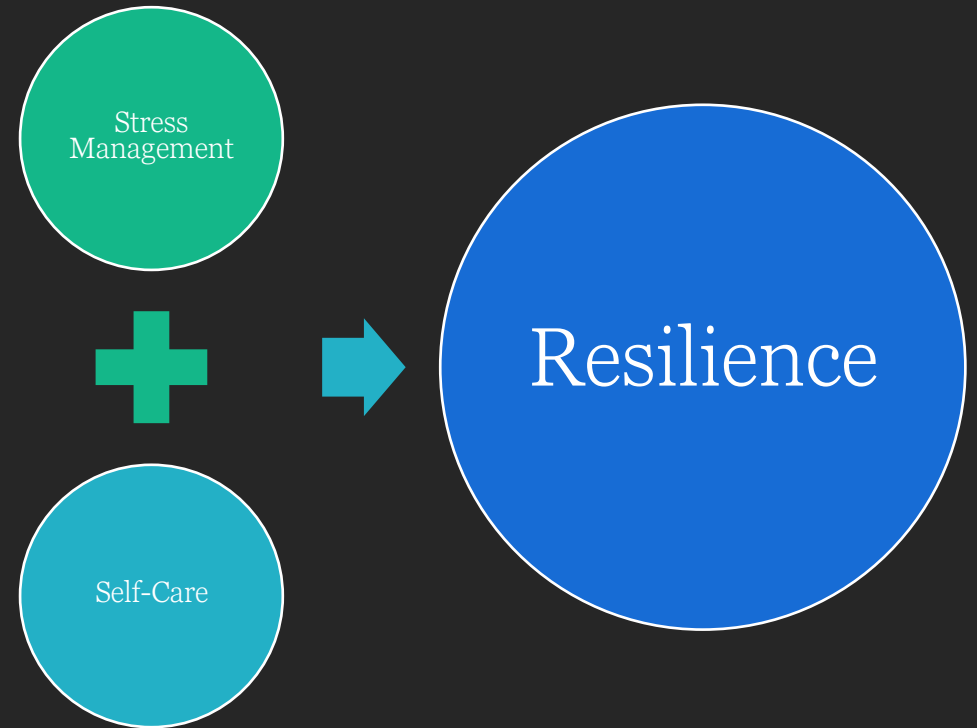


What do you hope will be true as a result of your work each day?



What do you want to bring to the team?

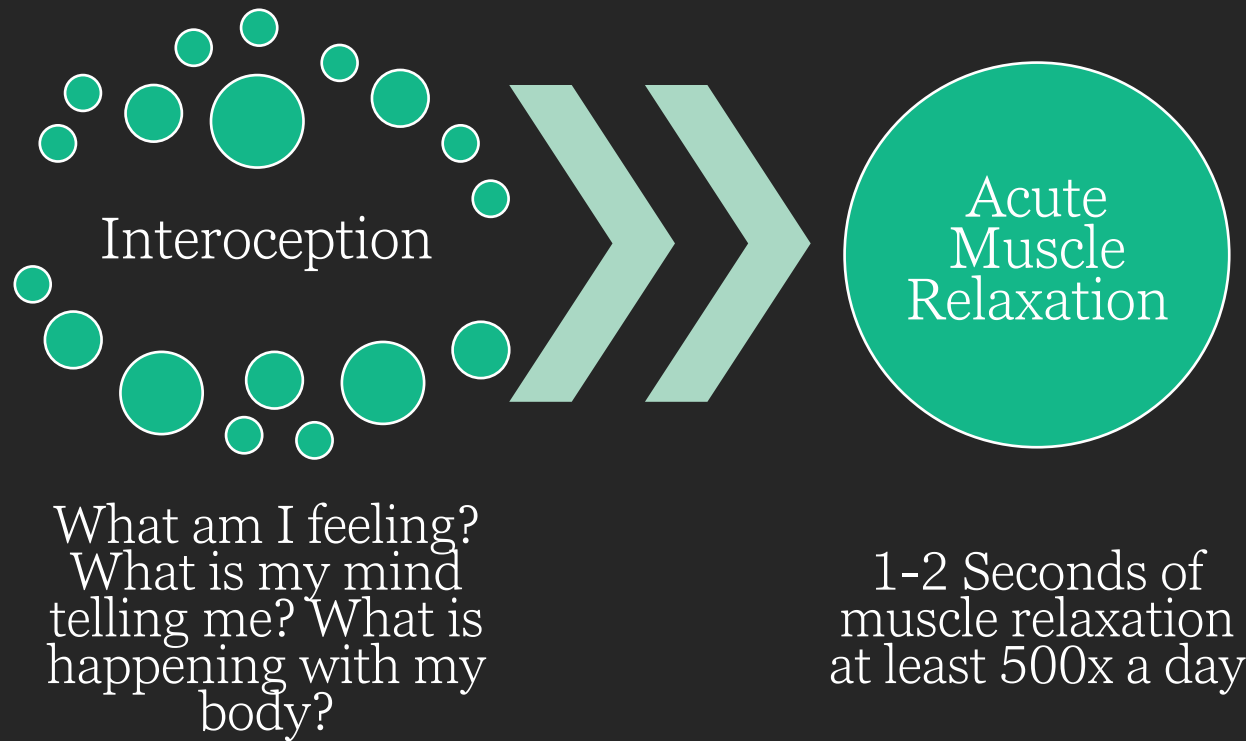
# What it Takes



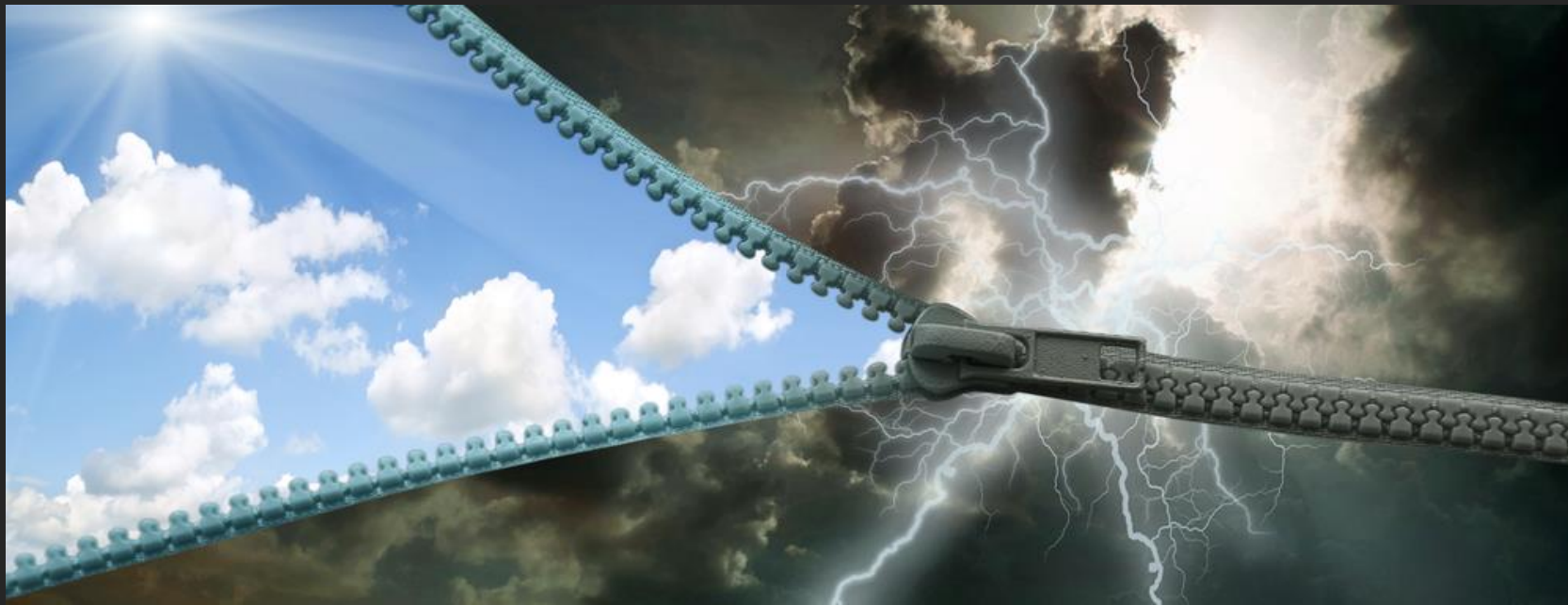


# Self-Regulation

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# Perceptual Maturation



# Connect



# Cultivating Joy

Joy is Strength

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# 8 Pillars of Joy



- Perspective
- Humility
- Humor/Laughter
- Acceptance
- Forgiveness
- Gratitude
- Compassion
- Generosity

# Daily Practice

- Be Who You Are- do one small activity that you enjoy doing & you do well.
  - Make Use of Everything-in the midst of experiences you find difficult or challenging, be open, curious and develop some sense of sympathy.
  - Experiment with cultivating stillness.
  - Notice what nourishes- pay attention to what your heart thinks is great.
  - Reflect upon all the people you are scheduled to meet. Set your intention to be curious about what you can learn from them.
  - Undertake an activity that reflects on what matters most to you.
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# Daily Practice

- Select a person you find difficult to be around. Rather than paying attention to the behaviors you don't like, focus on finding something admirable and worthy of affirmation.
  - As you move through your daily activities, notice which persons, places, or things connect you to a shout of joy within.
  - Improvise often, especially in your conversations. Practice saying yes and rather than yes, but or no.
  - THINK before you respond in conversation.
  - Try to ask at least one heart-awakening question-tailor your question to the unique aspects of the person.
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# Questions/Comments

