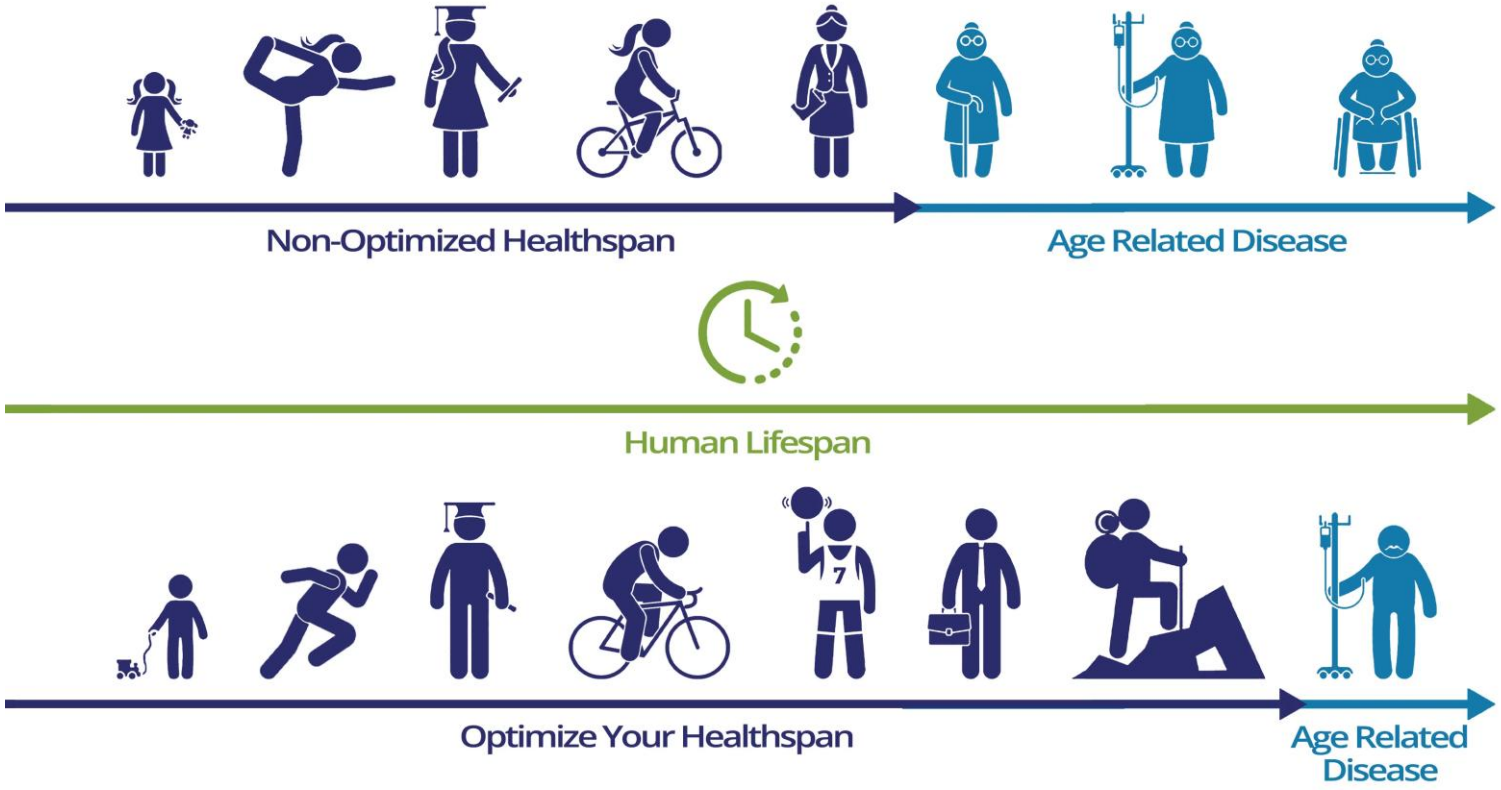
Providence

St Jude Wellness Center Presents:

Joyspan

Megan Wroe, Wellness Manager & Registered Dietitian

Lifespan & Healthspan



Providence

The Missing Piece: Joy



*Yale study 2024: those with positive beliefs about aging lived 7.5 years longer than those with negative beliefs, AND maintained better physical and functional healthy over an 18-year period.

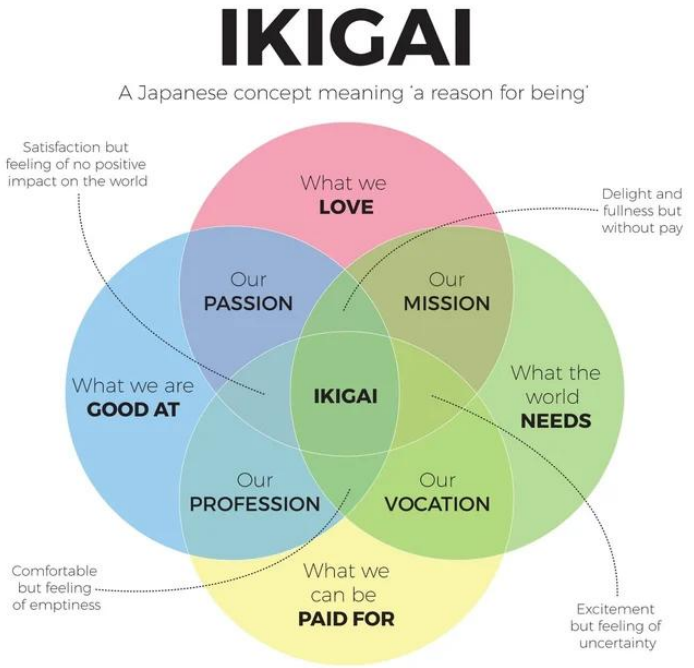
*Nun Study 2008: did not directly study “joy” but all facets of ‘joyspan’ added to cognitive reserve

*Loneliness increases mortality risk by 26%. Relationships are one of most important aspects of longevity.

*Ikigai linked to lower mortality

*Positive emotional outlooks are protective against stroke, CVD and rehospitalization.

*Health Paradox: When people feel better and are more connected and have purpose, they eat better and make healthier choices which leads to better connection and reported joy.



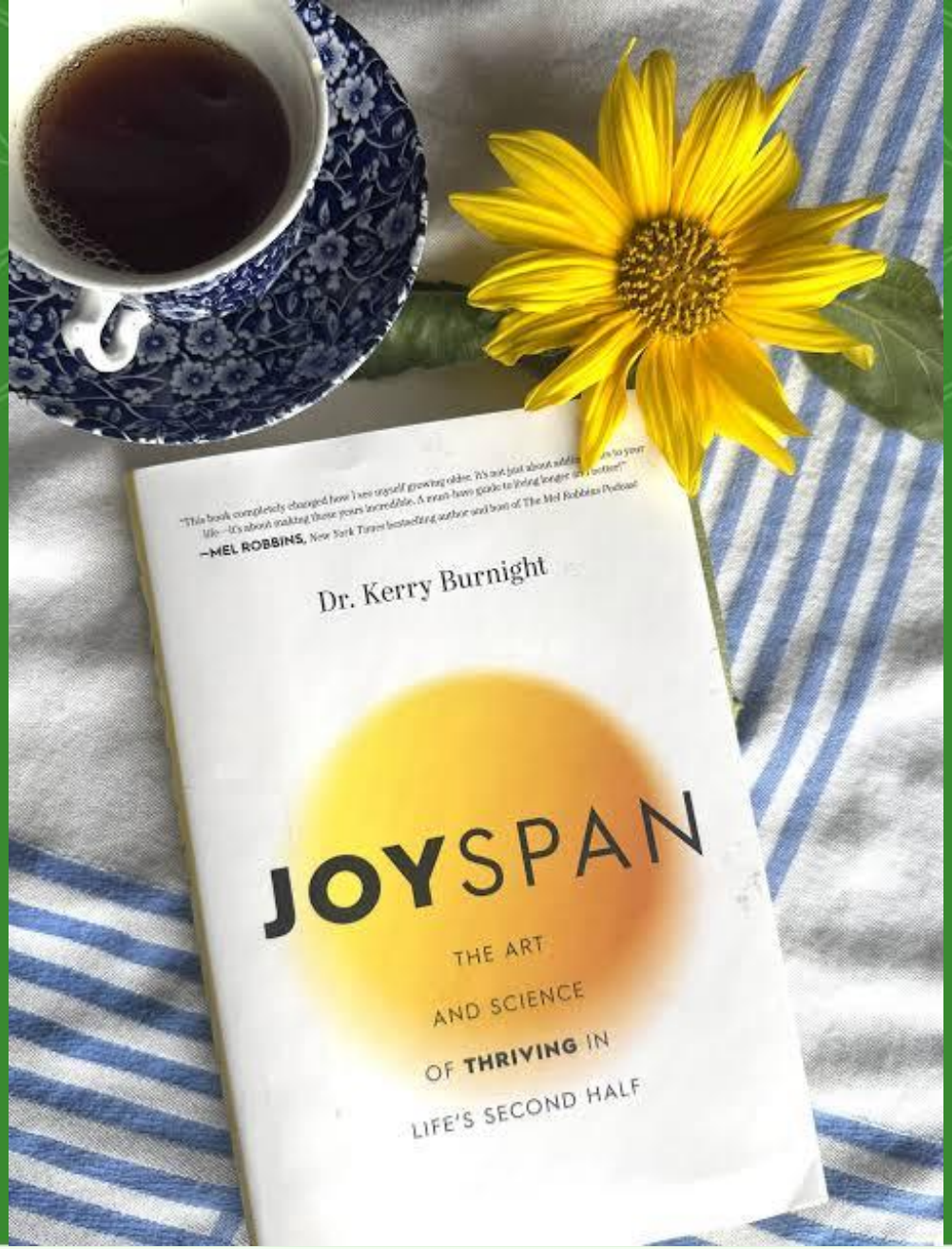
Definition of Joy

Joy is not just being happy all the time. It's quality of life. It's how many years you *enjoy* living.

"Joy is the experience of contentment, gratitude and meaning, *regardless* of our external experience." – Dr. Kerry Burnight, *Joyspan*

Questions:

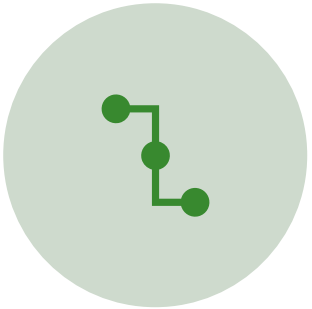
1. WHY do you want to live longer?
2. For WHAT?
3. For WHOM?



Four Components of a Robust Joyspan



GROWTH



CONNECTION



ADAPTATION

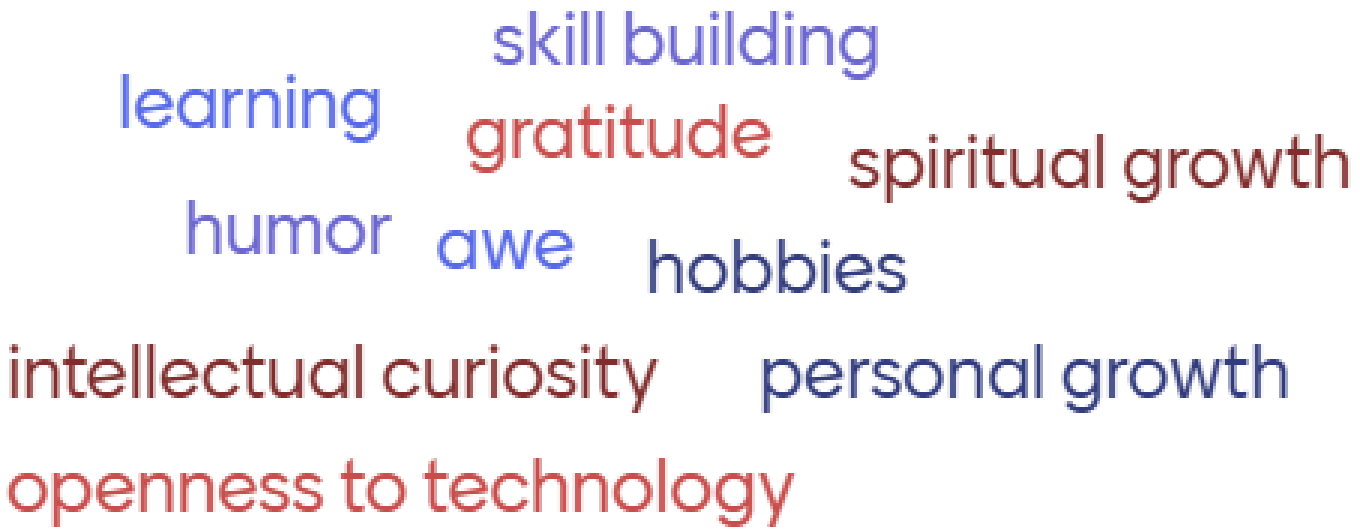


GIVING

“Joy collected over time fuels resilience, ensuring we’ll have reservoirs of emotional strength when hard things do happen.”

–Brene Brown

Growth


skill building
learning
gratitude
spiritual growth
humor
awe
hobbies
intellectual curiosity
personal growth
openness to technology

Growth Activities

Cultivate Yourself

1. Make a list of non-physical qualities you admire in others. If it helps, write names of people you admire and then list qualities that make them admirable.
2. Circle the most important qualities that YOU would like people to think of when they think of you.
3. Write some actions you can take to cultivate those qualities within yourself.

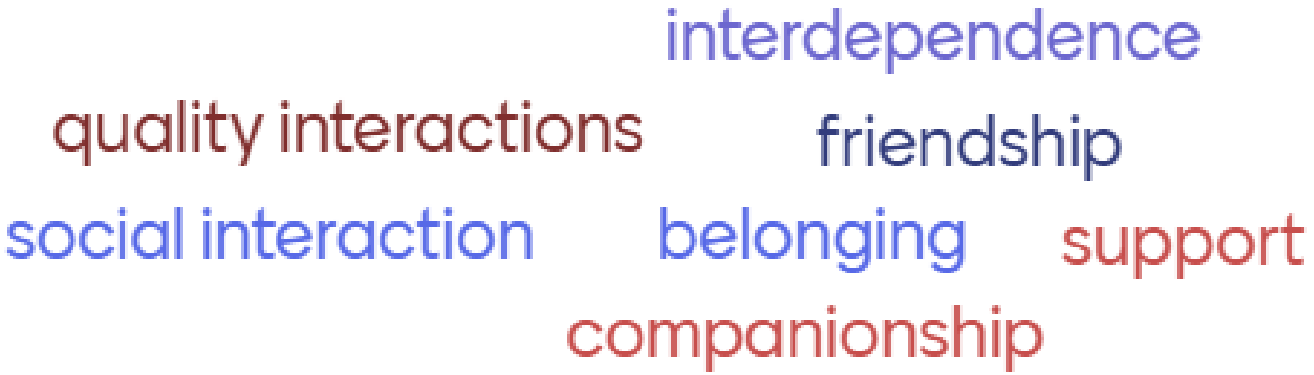
Get Curious

Find a list of hobbies (or page 89 in Joyspan) and check off the things that you are curious to experience. Put them in order of interest and make a plan to learn about or experience those things.

Examples:

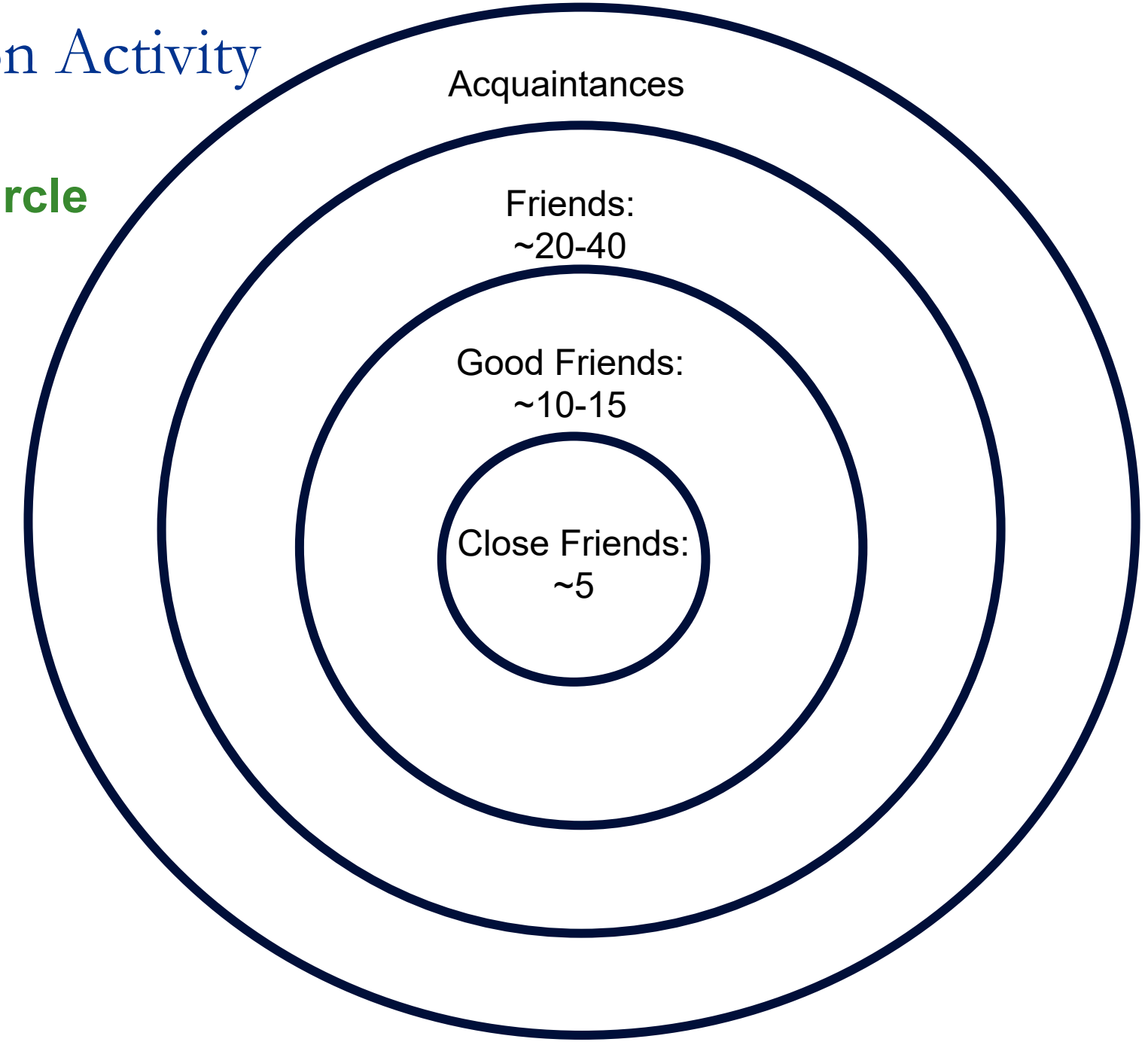
- Gardening, bird-watching, nature bathing
- Painting, pottery, writing class, musical instrument
- Dance, pickleball, golf, yoga
- Book club, Olli class, cooking class, new language
- Community volunteering, church involvement, tutor
- Journaling, meditation
- Group or solo travel, national parks
- Investing, business start up

Connection

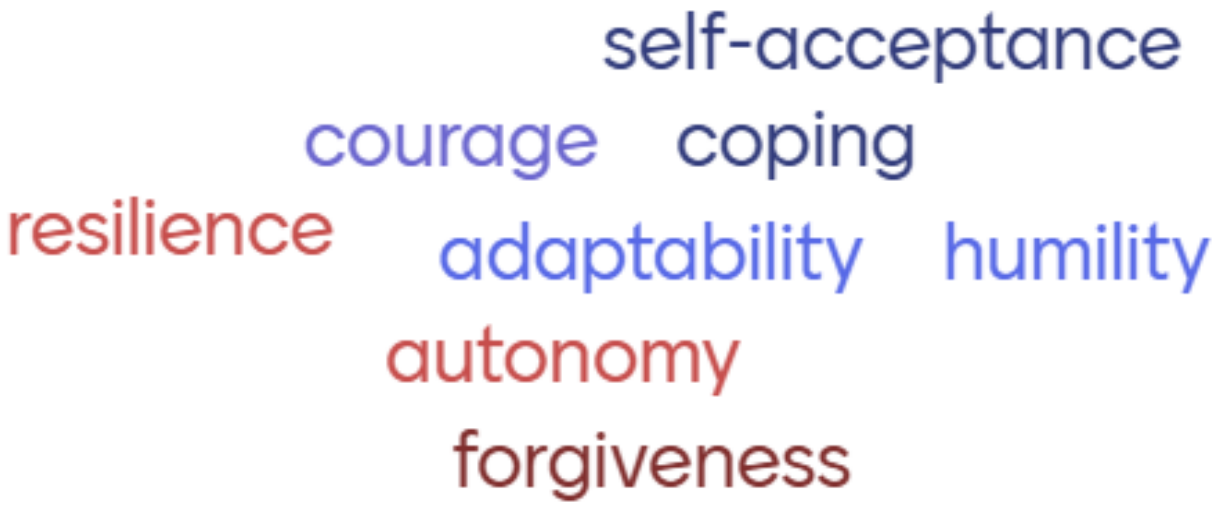

interdependence
quality interactions
friendship
social interaction
belonging
support
companionship

Connection Activity

Dunbar Circle



Adaptation


self-acceptance
courage
coping
resilience
adaptability
humility
autonomy
forgiveness

Adaptation Activity

Practice coping strategies, write down if it was helpful and why/why not to keep track.

- Journal
- Self-kindness
- Meditate
- Deep breathing
- Creative outlet
- Set small, achievable goals
- Reframe the problem
- Keep a routine
- Visualization
- Seek support from loved ones
- Support group
- Professional therapy
- Volunteer for meaningful cause
- Faith-based gatherings
- Join a class or program
- Exercise
- Join community events
- Professional consulting for decision making

Giving

Types of Giving:

- Tangible gifts
- Emotional support
- Acts of kindness
- Time



Giving Activities

Find Your Gift

1. What am I good at?
2. What do I enjoy doing?
3. What matters to me?

Now review your answers and consider how you can give any of those things to one other person. To a small group. To your community.

Give of the Day

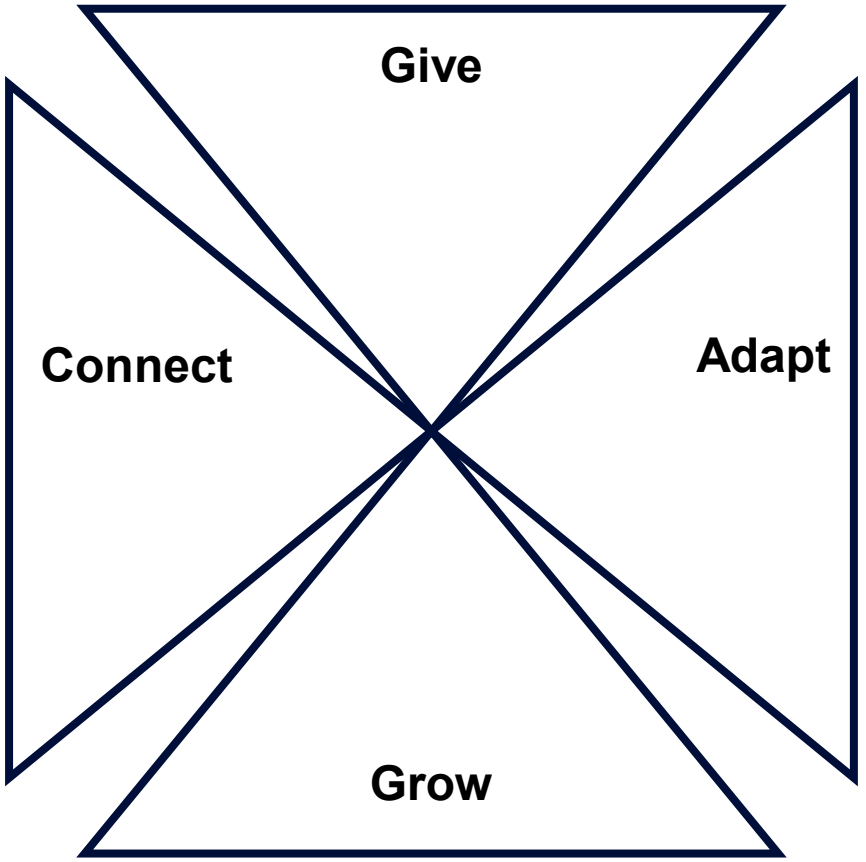
Every morning reflect on the following questions. If it helps, write down the answers.

1. Who could use a kind gesture today?
2. What small act of generosity can I offer?
3. How can I contribute to someone's well-being or happiness?

*Some find this practice more meaningful at the end of the day to reflect on what was already done.

Commitment to Joy

Like physical, nutritional and emotional fitness, psychological fitness (aka joy) requires consistent attention, commitment and ideally a daily practice.



“We have to choose joy and keep choosing it every day.”
–Henri Nouwen

Joy Building at the Wellness Center:

*Workshops
*6 Week Series
*Webinars, Learning Series & Cooking Classes
*Exercise Memberships, Programs, Modalities
*Cancer Grad Group, Senior Social Group, PD Empowerment Program
*Newsletter, Blog & Recipes
*Community Learning

St. Jude Wellness Center

stjudewellnesscenter.org
stjudewellness@stjoe.org
714-578-8770