



Joy

Before the Meeting: Preparation

Be prepared to tell about a time that you felt like you were on cloud 9, then a short time later you were distressed.

Supplies needed: Board games such as Battleships, Connect 4, Uno, Jenga, Checkers, Rummy-o, etc.

Step 1: Introductions and Icebreakers

Board Game Relay Activity:

Break the group into pairs. Each pair will go to one of the games that is set out. Set the timer for 3-5 minutes. Allow pairs to play the game for the allotted time, then switch to a different game when the timer goes off. When they switch to a new game, they must pick up the new game where the previous players left off. Repeat until everyone has played each game.

Close the Activity By Saying:

- Tell me about your experience playing these games.
- Which part of this activity stressed you out?
- When did you feel joy during this activity?

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- On a scale of 1-10, how often do you feel joy? *10 being very often and 1 being not at all*
- Tell me about a time that you felt joy.
- What causes you the most joy in life and why?
- What environments or settings cause you stress and why?
- What environments or settings causes you the most joy and why?
- Tell me about a time that you felt joy and within a short period of time, you didn't feel that joy anymore. What happened?
- What is a trigger for you to go from experiencing joy to experiencing pain/stress?
- What is a trigger for you to from experiencing pain/stress to experiencing joy?
- Is feeling joy hard for you? Why?
- Do you know someone that has a hard time feeling joy? What does this look like?
- What can you do to help another person experience joy?
- How does joy impact depression, anxiety, or thoughts of suicide?
- When you think about stress in your life, what is the common theme?
- When you think about joy in your life, what is the common theme?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about joy?
- What is one thing you can do tomorrow to experience more joy in life or help someone else experience more joy in life?