

World Mental Health Day 2022

Joy



You may remember a situation where you felt relieved, despite a recent stressor, by a good laugh with friends or colleagues. This demonstrates the power of positive emotions to neutralize the impact of life's stressful side.

There are many proven benefits of bringing more joy into our everyday lives and workplaces: Our social abilities expand, attitudes improve, and our self-efficacy increases, which in turn helps our job and relationship satisfaction. Laughter can improve sleep quality – another vital piece to our mental health puzzle.

However, workplaces are suffering from a 'joy gap' whereby most employees would like to experience more joy at work than they currently do. Let's reflect on what we can do – individually and together – to reap the benefits of joy.



Nearly 90% say they expect to experience a substantial degree of joy at work, yet only

37% report this as their actual experience.

(Kearney)



Experiencing joy can bring down
cortisol by **67%** and adrenaline by **35%**

(Nature)



Endorphins released after

15 minutes of laughter

increase the pain threshold by up to 10%. (The Royal Society)

TIPS

1

Practice gratitude for ordinary moments of joy. When we are busy chasing the extraordinary, we risk missing out on the enjoyment of the imperfect everyday life. Do not stop at feeling grateful; share your gratitude with others.

2

Cultivate joy through your mindfulness training. Allow yourself to relax while you sit for ten minutes. During that time, you do not need to perform or be the best. Let every minute of the training be a gift to yourself. Allow yourself to enjoy them.

3

Working remotely? Inject joy into your videoconferencing. Challenge your team mates to show up with the most unusual background. Or take turns to prepare icebreakers. [Lots of great ideas [here](#)]