When was your last joyful experience?

What kinds of experiences give you joy?
A Few of Our Joyful Things – What about Yours?
Is Joy the Same as Happiness?

The difference between joy and happiness lives in the mind and heart.

Joy is in the heart. Happiness is on the face.
Joy is of the soul. Happiness is of the moment.
Joy transcends. Happiness reacts.
Joy runs deep and overflows, while happiness hugs hello.
Joy is a practice and a behavior. It’s deliberate and intentional. Happiness comes and goes blithely along its way.
Joy is an inner feeling. Happiness is an outward expression.
Joy endures hardship and trials and connects with meaning and purpose.

A person pursues happiness but chooses joy.

www.compassion.com
“Joy is present inside everyone as an untapped reservoir of potential.” (www.compassion.com)
Joy in Families
Let’s Hear What Some Families Have to Say...
Background of the Fostering Joy Movement

Our own “napkin” moment
Fostering Joy: Family-Professional Collaboration

With D/HH Adults
Core Team & Working Groups
When and how do you feel joy in your work?
The Argument for Joy’s Importance in Our Work

Parents of DHH children with high stress - greater emotional difficulties and reduced socio-emotional development (Hintermair, 2006)

Families with DHH children - having insufficient - greatest negative impact on Family Quality of Life (Jackson, Wegner & Turnbull, 2010)

Caregivers’ attention, attunement, and foster engagement with child → influences social and emotional development (Bornstein, Suwalsky & Breakstone, 2012)

Parental attitudes, involvement, social support, expectations, and problem-solving skills → academic and social development of children who are DHH (Calderon & Greenberg, 2011)
Bringing JOY into the conversation about supporting children who are deaf or hard of hearing
Appraisals of Parenting a DHH Child

- Truly knowing the child
- Appreciating everyday positives
- Increased involvement with the child
- Relishing the “highs”
- Taking less for granted
- Letting go of former expectations
- Becoming an advocate
- Personal growth

Szarkowski & Brice, 2016
Neuroscience of Joy

Where you focus your attention, you “re-wire”

Joyful meditations

Can cultivate kind attitudes to self, others, and one’s situation

Sood, 2012; Church, 2020
Paying Attention to the Good More than the Bad
Rewires the Brain for Happiness
(Hanson, 2020)
Counter the Brain’s Negativity Bias
(Elhalal, 2021)
The Brain’s Circuits for Well-Being

1. “Our ability to maintain positive states”
2. “Our ability to recover from negative states”
3. “Our ability to focus and avoid mind-wandering”
4. “Our ability to be generous”

(Dalai Lama and Desmond Tutu, 2016)
Focusing on others’ good fortune - or thinking about one’s own – activates the brain’s reward system

Zeng et al. (2016) & Casioppo (2020)
In the process of sharing, joy itself may get amplified.

Happiness spreads up to three degrees of separation, and those who are surrounded by happy people are more likely to be happy...perhaps the same is true for joy.
“Nothing Beautiful without Struggle…” - Plato
“Joy Broadens People’s Attention and Thinking”

—Oxford Companion to Emotion and the Affective Sciences
Differences in Joy Experiences

For us, JOY is seeing him smile when he is given an opportunity to be independent.
Joy May Differ Across Cultures & Contexts
(Underwood, 2020; Van Cappellen, 2020)
Also, think about how a culture may feel about when it is appropriate to exhibit certain emotions. Some cultures may have different words for "joy".

Gibbons, Susan, 12/7/2021
Is it Appropriate to be Joyful in Audiology Appointments?

(Ndcs.org.uk)
Fostering JOY in Our Practice as Audiologists...
Fostering Joy Here in Our Interprofessional Lives...

• We are a “Network of Compassion”

• Whenever you give out energy, you always get it back one way or another...but not always from the person you gave it to

• Recognizing we are an interdependent community
The science suggests that, even in tough times, we can create joy.

How will you do that?

Of this be sure: you do not find the happy life, you make it

THOMAS S. MONSON
Any thoughts/comments you would like to share?
Some Resources:

JOYFUL PROMPTS & ACTIVITIES
IDEAS FOR WORKING WITH FAMILIES

Prompts for Opening a Joy-Filled Family Session

- What has brought you joy this week?
- What did you celebrate this week?
- What do you most enjoy doing with your child or as a family?
- What is your go-to joy-filled activity with your child?
- What is something your child does that always makes you smile?

Activities to Promote & Highlight Moments of Joy

- Start and end each session by discussing a moment of joy from the family’s week
- Identify and point out moments of connection and joy during a family session
- Capture joyful moments in a photo and share with the family
- Encourage families to create a “Joy” album on their phone and add to it daily
- Build “joy-reflecting” into daily routines, such as meals or bedtime
- Make joy a focus of programming
- Encourage families to document their joy in the Fostering Joy Journal

JOY IN WORK
A WEEKLY WORKSHEET FOR REFLECTION

WEEK OF:

- Joy in working with students and families
- Joy in professional growth
- Joy in collaboration
- Joy in self-care
- Joy in personal growth
- Joy in facing adversity

Fostering Joy is a family/professional movement celebrating the joy of raising and supporting children who are deaf or hard of hearing.

(https://cccbsd.org/programs/institute/fostering-joy-professionals/)
Become a JOY Ambassador!

Facebook groups
Instagram
Hands & Voices website (Families)
The Institute website (Professionals)
Idea? Please share them!
Sites and Resources for Joy for Professionals

For professionals:

• [https://cccbisd.org/programs/institute/fostering-joy-professionals/](https://cccbisd.org/programs/institute/fostering-joy-professionals/)

• [www.facebook.com/groups/dhhfosteringjoyprof/](http://www.facebook.com/groups/dhhfosteringjoyprof/)
Sites and Resources for Joy for Families

- [https://handsandvoices.org/resources/fostering-joy.htm](https://handsandvoices.org/resources/fostering-joy.htm)
- Fostering Joy – Families (closed Facebook Group)
THE JOYS OF RAISING DEAF OR HARD OF HEARING CHILDREN
Family Tip Sheet

TIPS

- Find something to be grateful for everyday.

Resources are Available & Growing
https://handsandvoices.org/resources/fostering-joy.htm

Download Tip Sheets Translated Into These Languages:
- English
- Spanish
- French
- Hmong
- Italian
- Somali
- Urdu
- Mandarin
- Japanese
- Thai
Choose “Defiant Joy!”

Misery might love company, but so does joy. And joy throws much better parties. 😊
We are grateful for your time & attention 😊

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