

# Monthly Wellbeing December



## Joy



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

We were given the opportunity to enjoy this life thanks to Jesus. He would not want us to spend our precious time experiencing anything less than joy. It is important that we demonstrate joy, so that others will follow by example.

### Experiences that help us feel joy:

Laughter	Acts of Kindness	Positive Social Interaction
Prayer	Play-Filled Activities	Movement

When we practice these above experiences, we are demonstrating joy. This can be done through activities inside and outside, at home and at school. The more you make these actions a habit, the more mentally and physically healthy you will feel.

### Above Experiences Can Be Done By:

Talking Openly	Being Polite	Smiling More
Expressing Gratitude	Sleeping Well	Hanging out with Friends
Practicing Faith	Listening Mindfully	Connecting with the Outdoors

### Optimism

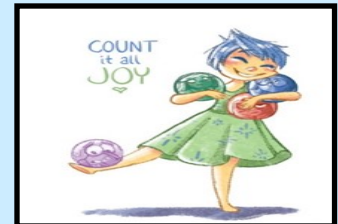
Teaching children/youth about optimism is way to help them experience joy. By helping them to take the optimistic approach of the "glass half full", we are encouraging them to be positive. These type of thinkers believe that success will come with patience and faith when faced with a problem that needs solving.

### Scientists have Linked Optimistic Thinking to:

Happiness	Good Health	Better Academic Performance
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### Joy Promotes:

- ◆ Positive Emotions
- ◆ Engagement
- ◆ Healthy Relationships
- ◆ Success



### Joy Resources:

School Mental Health Ontario

<https://smh-assist.ca/>

Mind UP

<https://mindup.org/>

Mental Health America

<https://>

[www.mentalhealthamerica.net/](http://www.mentalhealthamerica.net/)

### Joy: Challenge

At the end of each day challenge your children/youth to close their eyes, take slow, deep breaths and reflect on one thing that brought them joy this day. This proves that students can find joy in one simple minute.

### Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages practices of joy!



# Joy is a gift from God

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