

# Finding JOY at Work

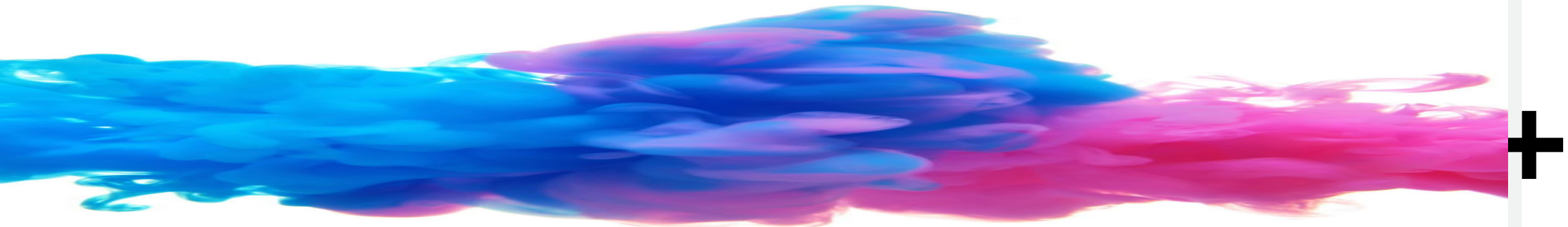
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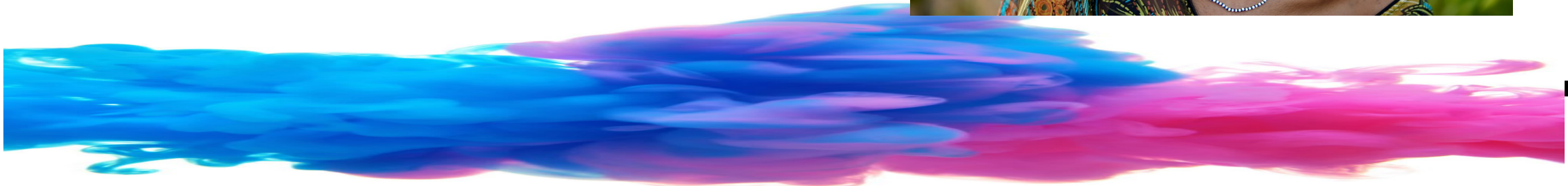
# Our Goals

- Introduce you to the idea of getting JOY at Work
- Describe what is and is not JOY
- Identify ways to find JOY
- Encourage commitment to finding JOY



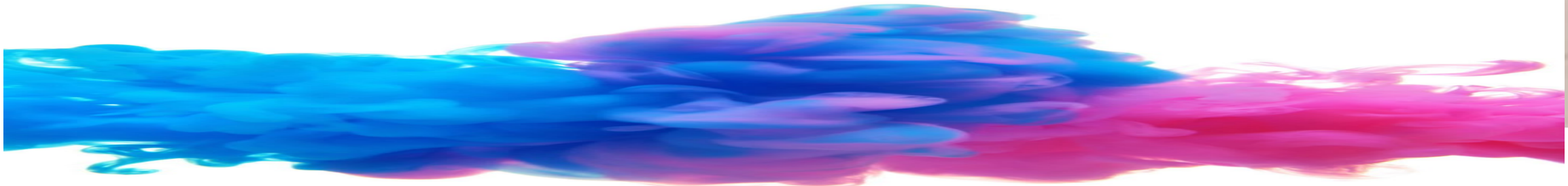
# Defining Joy

- A feeling of great pleasure. The emotion evoked by success, good fortune and favorable well-being.
- More than just happiness.
- This feeling comes from within.
- Finding JOY can enhance well being, cognitive functioning, and productivity at work.



# Joy

- It is always present, even when times are tough. It is in our back pocket!
- Think of it as that silver lining!
- It gives us that resilience as we deal with difficult times.

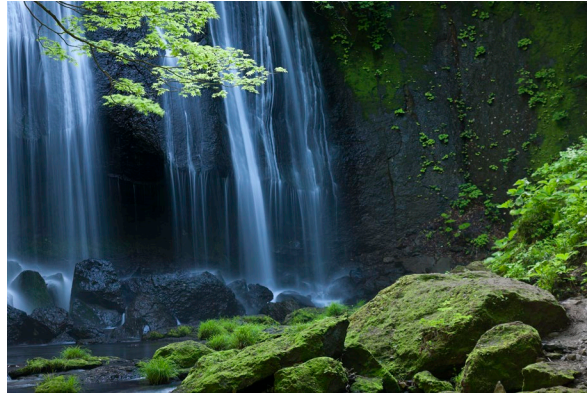


# Benefits of Joy

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- Helps us focus on the present (increases mindfulness)
- Broadens our minds (maybe because it is stress reducing)
- Is contagious, and attractive to others
- Leads to more joy
- Improves physical health (blood pressure, cortisol, and Inflammation are lowered)

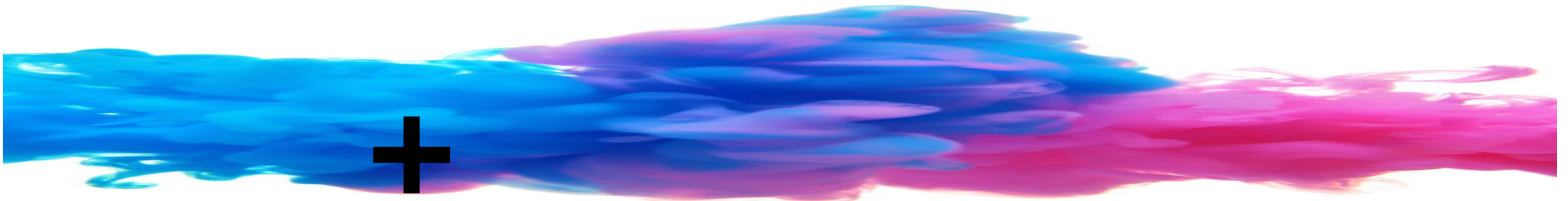




# How to Get Joy

Examples include:

- Spending time outdoors
- Seeing and hearing young children play
- Hearing birds sing
- Enjoying Nature



# JOY at Home ~ JOY at Work

Practice These Resilience Boosters

- Exercise
- Hydration
- Nutrition
- Sunlight
- Optimism
- Flexibility
- Balance



# Creating Joy at Work

- Shape Your Work Attitude
- Incorporate Strengths into Your Day
- Focus on Professional Growth
- Having Clear, Achievable Goals
- Share Your Feelings with a Trusted Colleague
- Build (or Rebuild) Other Professional Relationships





# Shape Your Work Attitude

- Dwell on the Positive Aspects of Your Job
- Gratitude Journal
- Focus on the Tasks that provided you Flow
- Focus on what you've accomplished throughout the day (no matter how small) and don't dwell on what you didn't do (there's always tomorrow).



# Incorporate Strengths Into Your Day

- What energizes you at work? What has given you flow?
- Build those activities more frequently into your workdays.
- May entail discussing this with your higher-up.
- Discover Your Strengths (December 18)



# Focus on Professional Growth

- Includes, but not limited to, participating in professional development opportunities
- Working hard at overcoming any shortcomings
- Learning from mistakes; not making the same mistake twice, and devoting oneself to self-improvement
- This may also entail volunteering to take on additional work.



# The Power of SMART Goals

- Specific
- Measurable
- Achievable
- Relevant
- Time-Bound



# Be Yourself With Select Others

- Be Your “Authentic” Self in Trusting Relationships
- We need People We Trust in Many/All Parts of Our Life
- Having a Best Friend at Work Guards Against Developing Burnout.



# (Re)Build Relationships at Work

- Allow Interactions with Others to Bring Joy
- Office Visits, Walks and Talks, Eat in Community Lunchroom
- Consider Getting a Mentor, and Being a Mentor
- Positive relationships with others may be the Most Reliable Source of JOY.



# What Is EAP?

## ➤ Employee Assistance Program

- Meet 1:1 with employees who have a concern (i.e., In-person, via Zoom, Telephone)
- Problem identification, discussion & problem solving
- Link with resources; provision of referrals
- Training for departments, and UB community
- Individual, Group, & Department consultations
- Conflict Resolution/Mediation
- Monthly Support Groups



# Current Support Groups

- Caregiver
- Workplace Stress
- Chronic Illness
- Parenting
- Grief/Bereavement





# Contact Us

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The background is a dense, overlapping collage of colorful sticky notes in shades of blue, green, yellow, pink, and purple. Each note features a large, black, hand-drawn question mark. A semi-transparent dark grey horizontal band runs across the middle of the image, serving as a backdrop for the text.

Thank you!

Questions?





How did we do?

Take the Session Survey on your smart device  
using the QR Code on your schedule.

