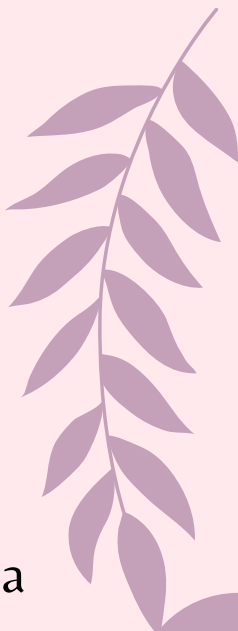




- WORKBOOK -

Reclaiming Joy.

A gentle, 10-minute reset to help you
reconnect with what lights you up.



Written by

The Centre of Excellence in Child Trauma

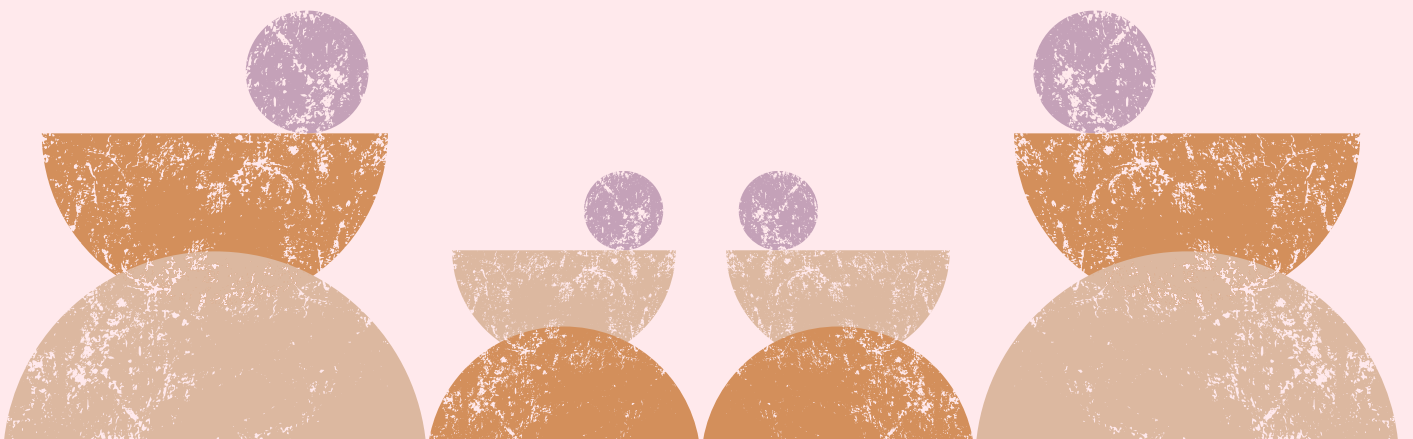
Introduction

Joy isn't extra. It's fuel.

When you're burnt out, joy doesn't need to be big, loud, or time-consuming.

It can be tiny, quiet, and still count.

This module helps you rediscover the small sparks that make you feel like you again.



Where Did Joy Go?

Gently ask yourself these questions

- What used to bring you joy before life got this full?
- What's one thing you miss that takes less than 10 minutes?
- What's something that made you smile recently, even for a second?

The Joy Inventory

Tick 3–5 items on the checklist that resonates with you to create a personal “Joy Menu.”

Tiny Joys (30 seconds–2 minutes)

- Warm drink in silence
- Opening a window for fresh air
- Listening to one favourite song
- Stepping outside barefoot
- Lighting a candle
- Watching something funny

Small Joys (5–10 minutes)

- Reading one page of a book
- Stretching or moving gently
- Doodling or colouring
- Sending a message to someone they love
- Sitting in the car for an extra minute before going inside

Bigger Joys (when life allows)

- A hobby they’ve paused
- A walk alone
- A class or creative outlet
- A date with a partner or friend

The "Joy in the Cracks"

Identify three micro-moments in your day where joy could fit:

- While the kettle boils
- During times when your child is engaged in a self-directed activity
- In the car before pickup
- After lights-out
- While folding laundry

Then pair each moment with one tiny joy from the menu.

Example:

Kettle boiling → listen to 30 seconds of a favourite song

When your child is engaged with self-directed activities (books, games) → step outside for fresh air

Bedtime → read one page of a book

This reframes joy as something that fits into your life, not something that requires rearranging it.



The "Joy in the Cracks"

Micro-moment

Joyful moment

Micro-moment

Joyful moment

Micro-moment

Joyful moment

Joy Anchors

A joy anchor is a small object or ritual that reminds us to reconnect with ourselves.

Examples:

- A photo that makes you smile
- A mug you love
- A scent you associate with calm
- A song that lifts you
- A bracelet or keychain that signals “pause”

Choose an anchor which resonates with you and place it somewhere visible.

Releasing Guilt Around Joy

Joy doesn't take away from your family — it gives back to them.

- You don't need to earn joy by being productive.
- You're allowed to enjoy things even when life is hard.

“My joy matters, and I'm allowed to feel good in small ways every day.”

A 7-Day Joy

Optional Challenge

- Day 1: One tiny joy
- Day 2: One moment of fresh air
- Day 3: One thing just for you
- Day 4: One thing that made you smile
- Day 5: One thing you're proud of
- Day 6: One thing you're grateful for
- Day 7: Repeat your favourite joy from the week

Tick off each day — no guilt if you happen to skip a day.

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