

Taking Action Towards Joy

Trauma Training Tuesday
November 2023

WORCESTER

ACT's

Addresses Childhood Trauma

With:
Kelsey Hopkins

Introduction

1. About Kelsey

- Executive Function Coach
- Director of Operations at Worcester ACTs
- Ambassador of Joy

2. EF Expectations:

- Steps
- Reflection
- Timed Activities

About Us!

1. Share a Hobby

Share verbally or in the chat

2. Kelsey's Hobbies

- Swimming, Reading, Dancing, Cooking,
Gardening, And So Much More



Rate Your Joy

How often do you feel joy?
Daily? Weekly? Monthly? Only on Vacation?
Rarely?

Use a 1-10 Scale
1 = Little Joy
10 = All the Joy

Share in the chat if you're comfortable!

What Brought You Joy in the Past?

2 Minute Timer

jot down joy from:
childhood, teenage years,
college, young adulthood,
etc.

When are you Happiest? What Brings You Joy Now?

2 Minute Timer

jot down: activities,
people, places, pets, etc.

What Can You Do Today to inspire Joy?

2 Minute Timer

List all the Joy that's possible for you today

Do That Thing

5 Minute Timer

Using the List of Joy today
tasks, do Anything from
that list for 5 minutes

Discussion

1. What did you do and how did it feel?
2. Can you gift yourself 5 minutes of joy tomorrow?
3. If stress visits, can you let joy also visit this holiday season?



Post-Assessment

<https://forms.gle/hnjEG5W9mzKiEmFt8>