

Joy Jar

Focus Area: Well-being Activity

Description: A joy jar will help employees focus on the many joys in life and allow them to share them with co-workers. There is scientific research backing the positive effects of daily gratitude. (See articles linked in 'Materials Needed' below.)

Length of Activity: Varies

In-person or Virtual: This activity can be conducted in person or virtually.

Materials Needed:

- If in-person:
 - Jar, bowl or another container
 - Small pieces of paper, post-its, etc.
 - Pens, pencils, markers, etc.
- [The Neuroscience of Gratitude and How It Affects Anxiety & Grief](#)
- [How Gratitude Changes You and Your Brain](#)

Directions (In-person):

1. Gather materials needed.
2. Decide the timeframe (i.e., during an all-staff meeting, one week, one month, etc.)
3. Allow employees to submit their joys; this can be anonymously if desired. You can also encourage them to submit a daily joy.
4. Share joys with each other (via newsletters, social media, all-staff emails, etc.)



Directions (Virtual):

1. Share this [Formstack](#) with employees. (Your Working for a Healthier TN Wellness Coordinator will collect responses.)
2. Decide the time frame (i.e., one week, one month, etc.)
3. Allow employees to submit their joys; this can be anonymously if desired. You can also encourage them to submit a daily joy.
4. Share joys with each other (via newsletters, social media, all-staff emails, etc.)