

***AALS Section on Balance & Well-Being in Legal
Education***

**Joy Management:
Leading a Not-So-Serious Life in a
Serious Profession**

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What is joy?

- **Contentment** that comes from within
- A sense of **gratitude** or **appreciation**
- **Celebration** of life and love
- An **emotion** and a **practice**



What happens to joy as we get older?

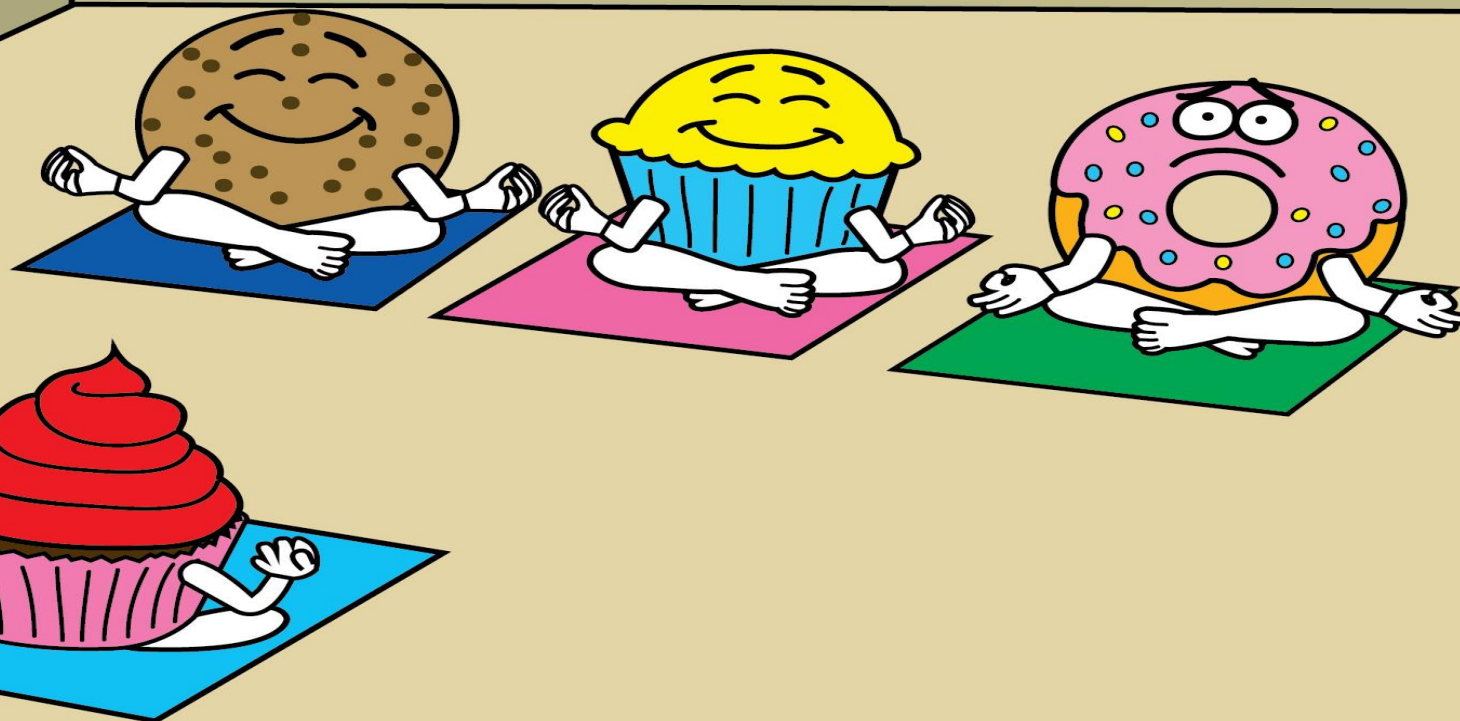
- Kids 300+ questions/laugh
- Curiosity declines with age
- Seriousness increases with age



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FIND YOUR
CENTER.



MINDFUL
MOMENT

How else can we practice joy?

- Play - think of what liked to do as kid.
- Novelty - add novelty to the mundane.
- Laughter looping - skip doomscrolling.



Lighten up to level up!



“PLANT
SMILES.
GROW
LAUGHTER.
HARVEST JOY.”

- Elaine O’Brien, Ph.D. &
Andrea Seydel from *The
Power of Play: Optimize
Your Joy Potential*



Resources

- [Laughter Quotient](#)
- [How to Make Stress Your Friend](#) (TEDTalk)
- [Why Having Fun is the Secret to Happier Life](#) (TEDTalk)
- [Why Great Leaders Take Humor Seriously](#) (TEDTalk)
- [365 Gratitude Project](#) (TEDTalk)
- [Laughology Documentary](#) (Video)
- [Baby Laughs at Mom Putting Pacifier in Mouth](#) (Video)
- [Tara Brach "Rare Precious Joy"](#) (Blog Post)
- *The Power of Play: Optimize Your Joy Potential* by Elaine O'Brien, Ph.D. & Andrea Seydel (Book)
- *Unleashing Joy* by Gholdy Muhammad (Book)



THANK YOU!

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Let's Connect!

