5 Ideas for Crafting a Joyful Work Environment

1. Shift your mindset.
   Reframing a situation as something you “get” to do versus something you “have” to do can generate gratitude in your work.

2. Take time to feel.
   In the face of stress, taking a moment to pause and acknowledge your emotions (including joy) can help you resolve challenges and celebrate wins.

3. Think of joy as a place, not a transaction.
   Viewing joyfulness as a state of mind to inhabit helps you seek out personal joy in the present moment, rather than delaying happiness for later.

4. Celebrate the joy in others.
   Talking about joy can help education leaders connect more deeply to their communities and put difficult challenges in perspective.

5. Find a joy partner.
   A trusted partner can help you identify where professional joy resides and maintain a positive mindset.

Tracey Deagle and Jen Schwanke, “Can We Still Find Joy in Teaching?”