



Judy Grupenhoff, MEd, NBC-HWC

Judy is an Integrative Health and Wellness Coach and a HeartMath® Certified Practitioner and Trainer.

Judy uses a heart-focused, skills-based approach to helping individuals lower stress, transform anxiety, manage trauma symptoms, and bring their big-hearted, authentic selves to live.

Her work draws heavily on the neurobiology of changes and self-compassion.

CONTACT

EMAIL:
judy.grupenhoff@gmail.com

WEBSITE:
www.judygrupenhoff.com

“IN THIS MOMENT, WHAT WILL BRING ME JOY?”

This exercise allows us to shift from focusing on what is making us feel frustrated, irritable, or bored to consciously choosing to experience something that brings a sense of joy.

Step 1: Activate a sense of embodied care

Place your hands over the center of your chest, one on top of the other and imagine giving your heart a gentle hug. Breathe slowly and rhythmically.

Step 2: “In this moment, what will bring me joy?”

Maybe it is going outside and breathing fresh air. Maybe it is having a cup of your favorite coffee. Or talking to a good friend. Or having a clean kitchen. Whatever it is, make a conscious choice to move in that direction, enjoy the process, and savor the result.

What is happening in this exercise?

When we make a choice to shift from negativity to joy, we interrupt one set neural pathways and activate and strengthen another. We also learn that we have choice in what we experience. With repeated and focused attention, we can wire in a “joy habit” and our whole being benefits.

How To use this exercise

Consistency is key. To help you build a joy habit, schedule in one or two “joy breaks” throughout the day.

You can also notice things that bring you joy throughout the day and breathe the feelings into your heart to amplify and anchor them. Consciously noticing what brings you joy will cue your brain to look for and remember these moments. The more often you do, the more of a habit you develop.