

Cultivating Joy in Challenging Times



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EASE

CONTENTMENT

WELLBEING

QUIET PLEASURE

REST

JOY

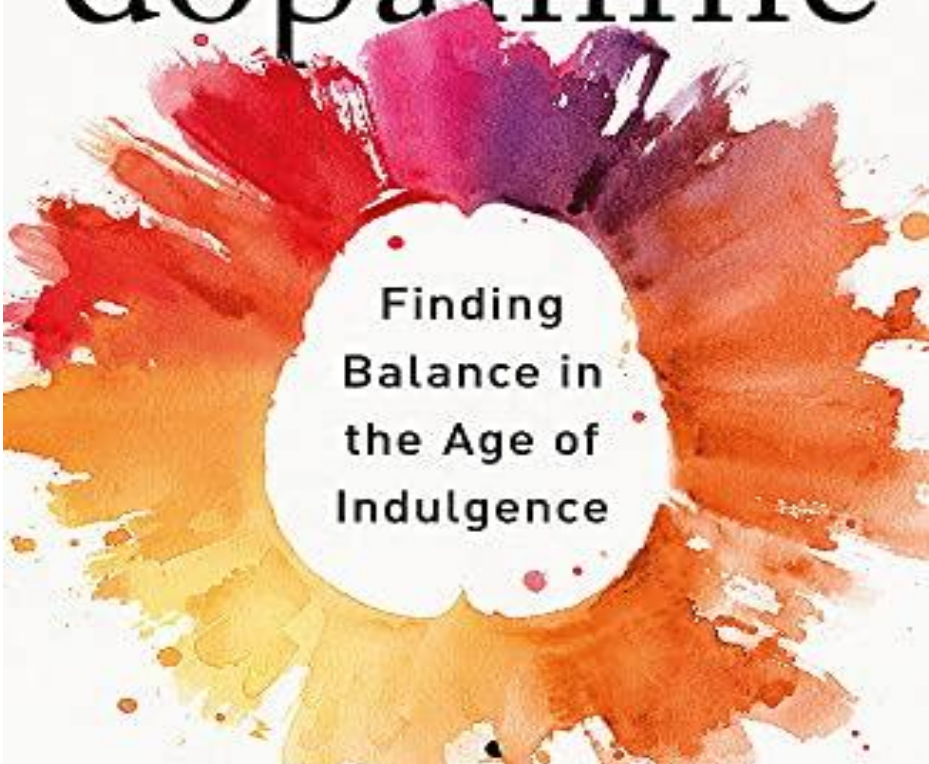
PEACE

NOURISHING

REPLENISHING

NEW YORK TIMES BESTSELLER

dopamine



Finding
Balance in
the Age of
Indulgence

nation

DR. ANNA LEMBKE

Simple Psychology – the joys and the sorrows

Pleasant

Unpleasant

APPROACH?

AVOID?



Craving

Aversion


Inhabiting
the wanting
mind



Two sources of pleasure

Sensory contact

Inner ease



Awakening Joy – James Baraz

1. Intention
2. Mindful presence
3. Gratitude
4. Opening to difficulty
5. Living a life of integrity
6. Letting go
7. Learning to love ourselves
8. Connection with others
9. Compassion in action
10. The joy of being

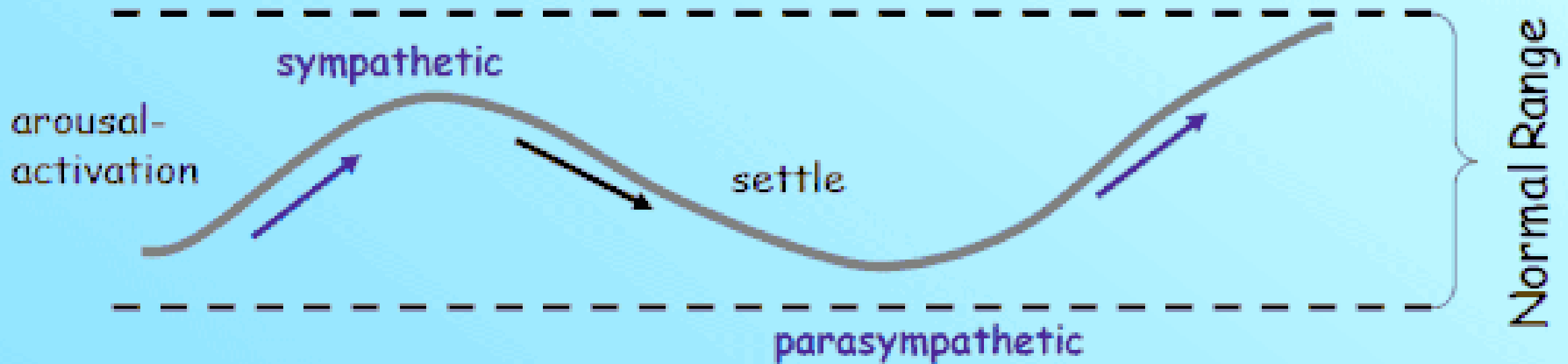


How can I cultivate joy when
life is so challenging?

I shouldn't be happy when
there is so much suffering

Might the cultivation of
positive emotions
support us in meeting
personal and collective
challenge?

A Healthy Nervous System



Hyperarousal

Hyperaware or vigilant
Overly quick or intense reactions
Feeling a lack of emotional safety
Overwhelming emotions

Window of tolerance

Able to think and feel
at the same time

Hypoarousal

Shut down, flat or numb
Hard to think, disconnected
Feeling shame, can't say 'no'

Howard Zinn

To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places – and there are so many – where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvellous victory.

Nightbirde –
America's got
talent

*You can't wait until life isn't
hard anymore before you
decide to be happy*

Thank you!

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