



The Joyography

Joy and Justice as Healing Praxis

Resource Guide



A Program for the SCP Justice and Joy Initiative



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Nation Labor/Land Acknowledgment

We acknowledge that the land that we hold this Joy & Justice Summit upon, by which this joyography was initially presented, is stolen land of the Duwamish people. We further acknowledge the enslaved peoples, primarily of African descent whose labor built many of the facilities that we gather in, and those of the United States. To move this statement from acknowledgement and action, we encourage you to learn more about the Duwamish and lend your time, talent, and other resources in service in whatever ways you deem right and true for you. More information about the Duwamish people can be found at <https://www.duwamishtribe.org/>.



Purpose and Use Statement

Dear Colleagues,

This Joyography was created by the Joy and Justice Initiative in order to understand why we are centering joy in our practice and communities as a powerful force for healing, justice, and advocacy. We hope to offer a framework and access to resources to understand the psychology of joy and how it manifests in our cultural communities. This is a living document and we understand that it is centered on a moment in time.

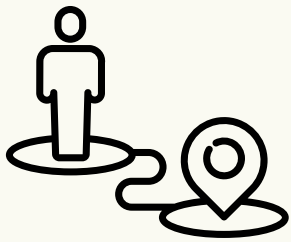
Whether you are working in your community, in academic or school settings, in clinical practice, or with your loved ones, we hope the Joyography will address the following objectives:

- To understand the definition of joy in psychology, in the context of healing and social justice work
- To understand joy for ourselves and our communities
- To understand why joy is important
- To become aware of the ways in which society can limit expressions of joy
- To understand the impact oppression of joy has on mental and physical well-being
- To recognize the presence, cultivation, expression and experience of joy within a cultural framework; To understand the ways culture shapes joy
- To understand the ways in which oppression, justice, and joy are intertwined for minoritized individuals

Yours,

The Joyography and Joy Summit Team





Collective Statement of Positionality

As a collective representation of Division 17 of the American Psychological Association we position ourselves as academics, students, clinicians, healers, and of course joy makers and joy receivers, in our own healing and well-being. We explicitly claim no authority of knowledge over the cultivation and manifestations of joy in the lives of others, but instead invite those who consume the content of this joyography to identify methods of naming and creating joy in their own lives and in the lives of those around them. Additionally because we believe that joy emerges and shifts over time, we welcome those using this document to add their input on what joy means to them and their communities. In other words, we encourage you to make the psychology of joy your own!





A Commitment to Anti-Racism and Combating Oppression

We are committed to creating an environment that promotes justice for all in our community. We are committed to acknowledging, confronting, resisting, disarming, and disrupting White supremacy and all forms of oppression and marginalization at individual, group, and systemic levels. We pledge to protect the wellness and mental health of those targeted by racism and all forms of oppression. We commit to promoting equity and to changing unjust racial systems and other systems of oppression that target historically and currently marginalized communities. This commitment to confronting racism and other forms of oppression will be evident in all the ways we engage with the course curriculum and each other.

Personally, and professionally, in alignment with our anti-racism efforts, we will actively speak out against religious oppression (e.g., anti-Semitism, Islamophobia), anti-LGBTQ+ initiatives, xenophobia (e.g., anti-immigrant stances), discrimination based on ability status, and other forms of oppression and marginalization in the curriculum, in our institutions, and in larger society. Our commitment to these values and actions will be reflected in all the ways we engage with the profession and each other. We encourage you to continuously reflect and engage in challenging discussions with others. We are committed to promoting and supporting multiculturally responsive, social justice advocates in all communities.





Personal Reflection on Positionality

Considering the reflections on positionality and held commitments by the Joyography team:

1. How do you understand your positionality as it relates to the topic of joy
2. What values and commitments do you bring to your work?

Reflection:



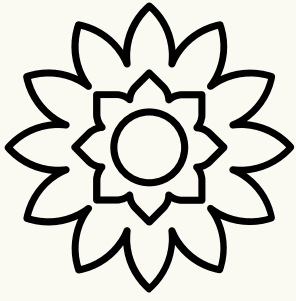
Focus Areas

Joyography Focus Areas

1. Joy, Justice, and Healing
2. Joy, Oppression, and Well-being
3. Joy and Cultural Context

Joy, Justice, and Healing





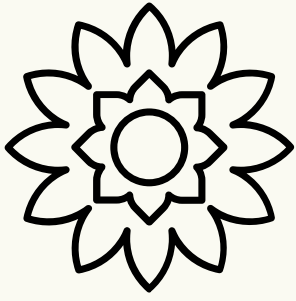
Joy, Justice, and Healing

When you think about joy, specifically how it relates to healing and justice, what comes to mind? Consider the following questions:

- How do you define joy?
- How do you define social justice?
- How do you define healing?

Reflection:





Joy, Justice, and Healing- Resources

In considering these questions here are a few resources that may be helpful in your process:

What does “Chardi Kala” mean? (Sikh):

<https://sikhri.org/podcasts/what-does-chardi-kala-mean>

Chardi Kala (Sikh):

<https://www.imdb.com/title/tt31137062/>

Where Joy Hides and Where to Find It: Ingrid Fetell Lee:

https://youtu.be/A_u2WFTfbcg?si=trljJy4BFdQUYlx5

Joy Vs. Happiness:

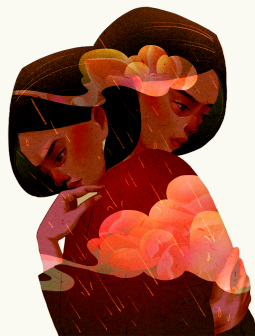
<https://youtu.be/JzbofH1WMjM>

Measuring Joy: A Social Justice Issue (for educators):

https://journals.sagepub.com/doi/pdf/10.1177/0031721720923517?casa_token=ith39CxFg0AAAAA:uusRJZYPA_M7NbEMPQEIdWtKUPnrL6muBcTdQqsbBAj5N-IgRaxQ9S9Wlqg99ZwjRdb18xU9X50KMQ

Good Relationships are the Key to Healing Trauma:

https://www.ted.com/talks/karen_treisman_good_relationships_are_the_key_to_healing_trauma



Joy, Oppression, and Wellbeing





Joy, Oppression, and Wellbeing

When you think about the oppression of joy on mental and physical well-being, what comes to mind? Consider the following questions:

- How do you define oppression?
- What is the oppression of joy's expression?
- Are there situations in which you feel joy feels impossible?
- What do you feel are the psychological and physical impacts

Reflection:





Joy, Oppression, and Wellbeing: Resources

In considering these questions here are a few resources that may be helpful in your process:

Smith, R. K., O'Mahoney, H., & Roberts, S. B. (2023). Collective Joy: The Spirituality of the Community Big Band Wonderbrass. *Religions*, 14(9), Article 9. <https://doi.org/10.3390/rel14091099>

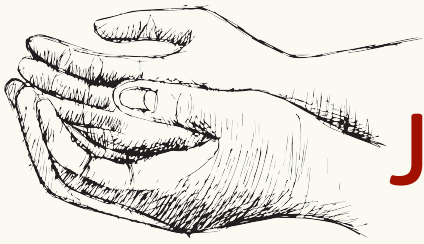
The Art of Joy, Resilience and Movement (Native American)
(<https://www.cnay.org/the-art-of-joy-resilience-and-movement/>)

Celebrating Latinx & Hispanic Everyday Resilience & Joy (Latinx)
<https://www.morningsidecenter.org/teachable-moment/lessons/celebrating-latinx-hispanic-everyday-resilience-joy>



Joy and Cultural Context





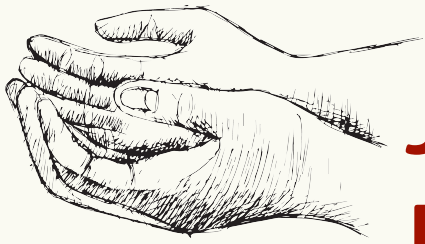
Joy and Cultural Context

When you think about joy within a culture, what comes to mind? Consider the following questions:

- What influences your understanding of joy (e.g., social media, books, media, capitalism)?
- How do you think about joy as an Individual versus within a group?
- Does joy have specific meaning in your family, your religion or spiritual affiliations?
- Consider your own identities. How is your understanding of joy influenced by your gender, race/ethnicity, country of origin, sexual orientation, or disability status?

Reflection:





Joy and Cultural Context: Resources

In considering these questions here are a few resources that may be helpful in your process:

Baker, C. N. (2021). Introduction: Embracing Black Feminist Joy and Pleasure in Communication Studies. *Women's Studies in Communication*, 44(4), 459–462. <https://doi.org/10.1080/07491409.2021.1987813>

Duncan, K. E., Hall, D., & Dunn, D. C. (2023). Embracing the Fullness of Black Humanity: Centering Black Joy in Social Studies. *The Social Studies*, 114(5), 241–249. <https://doi.org/10.1080/00377996.2023.2174926>

Hall, C. N. (2023). Centering Joy and Community for the Wellbeing of Black Faculty. *The Journal of Faculty Development*, 37(1), 76–79.

Casioppo, D. (2020). The cultivation of joy: Practices from the Buddhist tradition, positive psychology, and yogic philosophy. *The Journal of Positive Psychology*, 15(1), 67–73. <https://doi.org/10.1080/17439760.2019.1685577>





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