

# Reclaiming Joy: Fun as a recovery strategy

**Finding our way back to what makes life feel like life**





Disclaimer:

The views and opinions expressed in this presentation are those of the presenter and do not necessarily reflect the official policies, views, or positions of Washington State Health Care Authority (HCA).



When was the last time  
you had fun on purpose?

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*Not by accident.  
Not because it happened to show up.*

***On Purpose.***






NO OVERTHINKING

NO EXPLAINING

JUST VIBES AND  
HONESTY



**Joy is not a bonus feature.  
It is part of healing.**



"Nothing in the world is as  
contagious as laughter and good  
humor."

- *Charles Dickens*

# Usual Suspects



# What gets lost when joy disappears?



Energy

Creativity

Play

Curiosity

Connection

Sense of Self

**FUN AS FUEL**

**FUN AS PRACTICE**

**FUN AS  
RECONNECTION**



SOMETIMES JOY  
IS A  
SAFETY SIGNAL.

IT CAN HELP US SOFTEN,  
RECONNECT, AND RE-ENTER LIFE.



# FUN IS HARD FOR SOME PEOPLE

“If I’m struggling,  
I shouldn’t enjoy anything.”

- **OVERWHELMED**
- **EXHAUSTED**
- **OUT OF PRACTICE**
- **ASHAMED**
- **DISCONNECTED**



Some of us  
were taught  
that joy has  
rules.

- ✓ Earn it first.
- ✓ Do the important stuff first.
- ✓ Be useful first.

***Maybe then you can  
enjoy something.***

JOY DOES NOT  
REQUIRE A  
VACATION  
OR A  
PERSONALITY  
TRANSPLANT.

**IT CAN BE**

A song, A text, A walk,  
Or scream singing in the car to  
*Kpop Demon Hunters*







*Specials:*

A day trip

A creative event

live music



*Appetizers:*

*Three minutes outside*

*One song on purpose*

*A meme that makes you laugh  
harder than it should*



## Main Course:

*A real conversation where  
I don't have to perform*

*Creating something:  
music, writing, art, ideas*

*Spending time with friends and  
loved ones*



*Sides:*

*Clean sheets*

*A favorite hoodie*



**Dessert:**

*Dancing in the kitchen*

*Getting emotionally wrecked  
by pet videos*



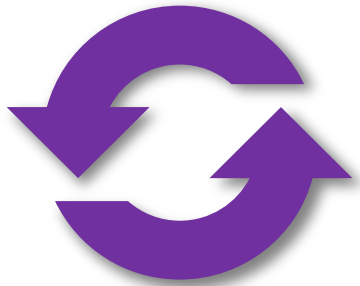
*To Go:*

*Make a playlist called  
"EMERGENCY JOY"*

*Schedule one small thing this  
week that YOU find fun*



**JOY OFTEN NEEDS MORE THAN DESIRE.**



**REPETITION**



**INTENTION**



**PERMISSION**

**RECOVERY ISN'T ONLY  
ABOUT REDUCING  
PAIN...**

**IT'S ABOUT  
REBUILDING A LIFE  
YOU WANT TO BE IN.**



*Thank You!*

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