

# The Joy of Gratitude

## A Joyshop for Holistic Well-being & Happiness

In the busy-ness of daily routine, consider taking a **GRATITUDE** break and feel relaxed.

It is proven by neuroscience that Gratitude can help feel happier & reduce stress. All you have to do is to: **PAUSE, PAY ATTENTION, PRAISE (3Ps)**

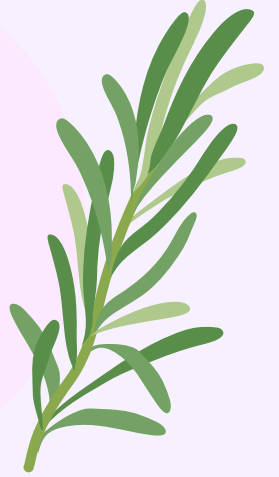


**Vibha, India**

### What happens in the Joyshop?

Firstly, it is NOT a typical workshop. It is a JOYSHOP, hence not boring and will NOT make you feel sleepy! In the Joyshop, Vibha will walk you through **NINE** realms of life, that serve as **REMINDERS** to experience the beauty & power of gratitude, in daily life.

Vibha's approach to gratitude is not about emotional or spiritual bypassing or toxic positivity. Instead, it is about experiential gratitude and **authentic positivity**.



### Format of the Joyshop - Interactive

Based on Vibha's **ReNEW** Framework - Reminders (nine) so that one can practice with ease, Neuroscience, Experiential & the **Whole Person Engagement** (Mind, Body, Emotions & Spirit)

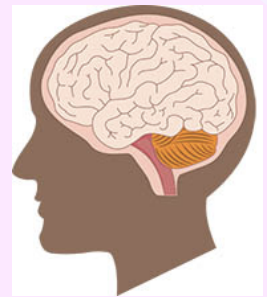
You will learn **TEN SIMPLE ACTIVITIES** to make gratitude an **intentional** practice in day to day life & be rewarded with the following, research based holistic health benefits.



### Neuroscience Based Benefits\* of Gratitude Practice

#### Physical Benefits

- Stronger immune system
- Less bothered by pains & aches
- Lower blood pressure
- Exercise more & take better care of health



#### Psychological Benefits

- Higher levels of positive emotions
- More alert, alive, & awake
- More joy & pleasure
- More optimism & happiness

#### Social Benefits

- More helpful & compassionate
- More forgiving
- More outgoing
- Feel less lonely & isolated

\*Prof. Emmoms, UCB

### Note for the Joyshop Hosts

**Duration:** Two & a half hours (Approximately)

**Batch size:** 25 (Ideally)

**Logistics:** Chairs in a U shape, without any table in-between. Facility to display powerpoint.

Post Joyshop, option of joining an exclusive WA group of participants for 21 days follow-up support for daily activity cues, by Vibha.

*Generally, the Joyshop is part of fund-raising strategy of TaraSri Foundation's socio-spiritual initiative for holistic human & social development in Barabanki, Uttar Pradesh, India*



### About Vibha

An inspirational speaker, Vibha specialises in social-emotional-ethical learning & works in the domains of emotional & spiritual intelligence. Vibha has conducted more 400+ Gratitude Joyshops & other workshops in US, Holland, Russia, Afghanistan, Myanmar, Sri Lanka. In full time jobs for 20+ years, she worked in the fields of Public Health & Education, with United Nations, Johns Hopkins University, Population Services International, Room to Read, SIFPSA. Her last position was Country Head of a Dutch Foundation.

Since 2010, she is leading her two NGOs TaraSri Foundation (Rural work) & Muskaan, for Happiness projects. Additionally, she offers trainings & courses on Mindful Living, Wellbeing, Values in Action & works as a Flow of Life Guide for individuals.

Vibha is Advisory Board Member for the World Happiness Foundation.

Her first book, "Walls That Speak", has been published recently.

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