

how do you get some joy?

the work of
Alexander
Hardy



THEALEXANDERHARDY
[DOT]COM

FACILITATOR + SPEAKER

Fighting spiritual ashiness
one session at a time.

WORDSMITH + JOYHUNTER

"What does joy mean to you?"

COOK, BAKER, FOOD- BASED STORYTELLER

Always ask for more gravy.

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“*Food is more than a source of sustenance for me. It’s an icebreaker and a way to get friends and strangers to talk about feelings. Food is a vehicle for joy.*”

– Mental Health First Aid Instructor Alexander Hardy



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Head to the **MENTAL HEALTH
FIRST AID** blog for the full story!



OH, HEY.

I am a grits-powered writer, Mental Health First Aid National Trainer, wellness program facilitator, speaker, home cook, and lupus survivor. I will probably ask you about feelings or a meal that brought you joy, so get ready.

I speak and write about **mental illness and recovery**, food as a vehicle for community building, healing through Literary Therapy, finding joy, Janet Jackson, and more.

I'm the co-founder of **GetSomeJoy**, a creative wellness agency that supports communities and organizations with joy-infused wellness experiences, resources, and trainings.

Fun Fact: I don't believe in snow or Delaware.



**AS SEEN
+ HEARD
IN**

FOOD & WINE

EBONY

CNN

EATER

gawker

JET

THE
EXTRAORDINARY
NEGROES

THE ROOT

VICE

WORD ON THE STREET:

GetSomeJoy@Work Client

"Ten out of ten. I would recommend anyone work with Alex Hardy any day of the week. It will be additive to your programming. It will help you feel supported. It will help your staff feel supported. It's such a gift to us all to be able to get this type of help." (VIDEO)



Ayanna Fortson. VP of Housing and Community Development, National Urban League

Literary Therapy Attendee

"I've been to a lot of groups. Outside of my therapist, this was probably the first time I've ever really felt heard. It was the best group I've ever been to. And I learned that I don't listen enough."



Nubia Ptah. Founder, Nubia House Cultural Education

ABOUT YOUR NEXT SPEAKER / FACILITATOR

- I am **available for virtual and in-person engagements**. I travel from Brooklyn, NY.
- I **lead Adult, Youth, and Spanish Mental Health First Aid** trainings.
- I **speak, facilitate, consult, and collaborate** with community, academic, corporate, non-profit, and government entities.
- Over 1000 people from 20+ countries have experienced my Literary Therapy Writing Program.
- Yo **soy bilingüe** y enseño talleres en español.
- I spent **three years in Panama teaching dance** + CardioDance classes, **improving my Spanish, teaching English** via my company (Panamerican Languages), and **connecting with my mother's family**.
- I believe in second breakfast and sharing food as a love language.

- a dynamic presenter; TV, radio or podcast guest; or panelist who loves rice, naps, talking about feelings, and Janet Jackson.
- an engaging keynote speaker or facilitator for your mental health, education, housing, food, leadership, or professional development conference, seminar, campaign, retreat, shindig, or extravaganza.
- a memorable, joy-infused experience that encourages, affirms, informs, entertains, inspires introspection, and prioritizes community wellness in this raggedy moment in history.
- a recovery-oriented, trauma-informed speaker and facilitator that shares on mental health, chronic illness, food + family, homelessness, caregiving, suicide, therapy, and such with humor and vulnerability.

BOOK ALEX IF YOU ARE LOOKING FOR

AFTER HEARING OR WORKING WITH ALEX, YOUR TEAM OR ATTENDEES WILL

- want to send Alex recipes.
- reflect on what they're doing to find joy or prioritize individual and community wellness.
- feel more equipped to use their gifts to navigate + support others through transition with trauma-informed leadership + communication.
- feel affirmed + inspired to use their wisdom, instincts, and creativity.
- acquire or learn how to acquire tools or strategies for coping, thriving, or making the world (or their community) less raggedy.
- remember to eat or do something that brings them joy.

Services

Writing/Editing, Editorial Consulting

I craft soulful stories + provide creative guidance on multimedia projects, newsletters, etc.

Facilitating, Speaking, Keynote Presentations

I am an experienced, joyful, engaging, trauma-informed facilitator, speaker, and panelist.

Wellness Program/Campaign Development + Resource Curation

I cultivate accessible wellness resources, develop wellness program curriculums + assets.

Food-based Storytelling + Event Hosting, Cooking Demos, Recipe Development

I host cook-alongs, conversations, and experiences at the intersection of wellness, food, and joy.

"EVERY TRAINING IS AN OPPORTUNITY TO MAKE THE WORLD A LITTLE LESS RAGGEDY."

Sir Alexander Hardy



Making a galette on Food & Wine Cooks

Speaking topics

I speak and facilitate in person and virtually on these and other topics:

- Mental health + community wellness
- Food as a vehicle for joy + community building
- Literary Therapy and writing as to foster healing and connection
- Mental health at school and work
- Mental health for leaders, administrators
- Navigating suicidal ideations + supporting suicidal community/family members
- Homelessness + housing as suicide prevention
- Chronic illness, lupus
- Writing non-fiction, personal essays, independent media publication
- Black/Queer life + identify

I am happy to consult with you on a presentation or conversation to meet your program needs.



① Mental Health First Aid (Adult/Youth/Spanish)

Mental Health First Aid is a training that provides key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.



② Literary Therapy Writing Program

Literary Therapy is a writing program that uses introspective writing exercises, curated reading selections, and group discussion in a safe, welcoming environment to explore individual and community wellness.



③ Creating Space for Joy @ Work/School Leadership Series

This program offers leaders space to collaborate on community wellness; share challenges, victories, and strategies for thriving; and explore issues impacting wellness for themselves and the team members they support.



④ Virtual Community Cook-alongs

Family-style virtual cook-along involving a discussion on family and cultural histories connected to food and community building.



⑤ Community Wellness Assessment + Report

An anonymous, crowdsourced wellness review and report that takes the pulse of your organization's wellness situation and identifies strengths, barriers to thriving, and growth opportunities regarding **individual**, **role-related**, and **community wellness**.

I am also down to collaborate with you on a custom workshop or experience. With snacks?

**View more in GetSomeJoy's
Wellness Program Catalogs:**

**[GetSomeJoy@School Program](#)
[GetSomeJoy@Work Program](#)**



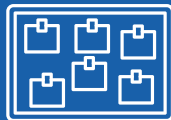
Literary Therapy Community Writing Workshops

A dynamic experience offering a welcoming, restorative space for creative expression and cultivating tools for thriving. [Learn more here.](#)



Literary Therapy Exploration Workbooks

An interactive resource guide that expands on Literary Therapy sessions with additional grounding, reflection, and creative exercises and space to draw + take notes. *15 workbooks produced as of Summer 2022.*



Community Literary Therapy Wall

A traveling public installation that invites participants to reflect and write about what they're doing to getsomejoy. [Check it out here.](#)



Virtual Literary Therapy Wall

A virtual board to support or inspire conversations around the sensory experience of joy and food-based traditions, and crowdsource tools for coping + thriving. [Check it out here.](#)

View more in GetSomeJoy's Wellness Program Catalogs:

[GetSomeJoy@School Program](#)
[GetSomeJoy@Work Program](#)

COMMUNITY LITERARY THERAPY WALL

An interactive creative wellness exhibit circulating Oakland Public Library branches, inviting community members to reflect on + share what they're doing to getsomejoy.

Educational Partners in JOY

There's no one way to spread joy.

I develop and deliver program and experiences that center joy and prioritize mental and emotional wellness for **learners, educators, staff, administrators, cultural groups, caregivers, and other stakeholders.**

Here are a few of my collaborations with learning institutions.



VIRTUAL COMMUNITY COOK-ALONGS

A family dinner-style gathering with a cooking demonstration, guided discussion on family + cultural food traditions, and digital cook-along recipe + activity books.



MENTAL HEALTH FIRST AID

Mental health trainings for NYC teachers and administrators through NYC's Thrive NYC Community Health Program.



LITERARY THERAPY WRITING PROGRAM

Group sessions that use writing, mindfulness, and group discussion to explore topics impacting mental + emotional health at school and beyond.

KEYNOTE SPEAKER
MENTAL HEALTH FIRST AID TRAININGS

Lead Mental Health First Aid Instructor
Campaign Outreach Consultant



TWITTER SPACES

TWITTER SPACES SPARK PROGRAM HOST

Twitter Spaces Host in inaugural cohort
Hosted two biweekly community mental
health check-ins + resource exchanges



**National
Urban League**

GETSOMEJOY@WORK FACILITATOR

Community Wellness Assessment
Creating Space for Joy Leadership Series
Mindfulness Moments/Wellness Check-Ins
Wellness Resource Newsletters



**LITERARY THERAPY POP-UP @
2022 BLACK JOY PARADE**

Community Literary Therapy Wall w/ 101 responses
Black Joy Parade Edition Literary Therapy
Exploration Workbooks
Literary Therapy: Black Joy Parade Edition

Community + Corporate Partners in JOY

I bring joy, levity, vulnerability, and flavor to community and corporate spaces. Rest assured, our experience will be memorable, informative, authentic, and soulful.

Here are a few clients and partners I have worked with in the past few years.

Selected Publications

Writing has saved my life.

It has been a vehicle for creative expression, making sense of this world, unpacking my mental health challenges, honoring my family, proclaiming my passion for food, and documenting my devotion to Janet Jackson, First of Her Name.

Here is a sample of my writerly work.

View more of my writerly portfolio at thealexanderhardy.com/writing.

COLUMNS



The Daily Breakfast Situation (61) - **GetSomeJoy**
Black In The Day (6) - **Saint Heron**

The Extraordinary Negroes

Mental Health Monday (64)
Extraordinary Negro of the Day (30)

COPYWRITING



Unilever Food Solutions + Fair Kitchens

"Supporting a Team Member During a Personal Crisis"
"Five Chefs on Improving Communication"

Esquire (for Jim Beam Black)

"7 Reasons You Should Get Out of Town"
"8 Ways Getting A New Job Will Upgrade Your Life"
"7 Great Moments That Happen After You Buy A House"

Courvoisier

"7 Moments You Deserve To Unplug"
"Cognac 101: Your Guide To Optimum Enjoyment"
"What Your Drink Order Says About You"

LITERARY THERAPY

EXPLORATION WORKBOOKS



- Literary Therapy for Educators + Administrators
- Spring Cleaning + Making Space for Joy
- Black Joy Parade Edition
- Joy, Boundaries, and Restorative Practices
- Grief + Post-Traumatic Growth
- Intergenerational Healing + New Family Narratives
- Recovery + Self-Love
- Caregiving, Creative Outlets, and Joy Action Plans
- Guilt, Shame, and Grace
- Accountability, Supportive Rituals, and Self-Sabotage



I've written for 20+ brands & publications.



Selected Publications

MENTAL HEALTH



griefKit: Crowdsourced tools and considerations for raggedy times **GetSomeJoy**

Very Smart Brothas

- "I Didn't Go Home for Christmas Because I Was Ashamed About Being Suicidal"
- "Dancing The Blues Away: How Ballet Became My Therapy"
- "Things To Consider When Starting Therapy"

"Safe at home" **Food + Wine**

"Creating a Sanctuary in the Age of the Rona"

GetSomeJoy

"Five Ways to Use Food as a Tool for Practicing Mindfulness, Fostering Connection, and Centering Joy" **Mental Health First Aid**

"Deeply rooted: what plant fatherhood taught me about caring for myself" **Mic**

"On depression: to anyone living in a fog" **Gawker**

"12 Books on Mental & Emotional Health By Blackety Black Folks" **The Extraordinary Negroes**

FOOD



Food & Wine

- "Curry Chicken—and–Sweet Potato Galette"
- "Empanadas, Rice, and a Dream Built My Family"
- "How I Got Over Myself and Learned to Make Rice"

The Spruce Eats

"Soursop Ice Cream"

Very Smart Brothas

"One Man's Quest To Find The Perfect Batch Of Mac And Cheese In New York City"

TEACHING



"So I Just Became a Mental Health First Aid Instructor And Here Is What I Learned" **Very Smart Brothas**

"So I Just Started Teaching Mental Health First Aid Courses in Spanish" **The Extraordinary Negroes**

CULTURE



The Colored Boy

- "Eat The Cake, Anime: On White Cluelessness (and Beyoncé)"
- "How to be Blackety Black in Panama: part one"
- "How to be Blackety Black in Panama: part two"

Very Smart Brothas

- "Keep Dr. Bronner's Peppermint Soap Away From Your Fuckparts (Just Trust Me)" **Very Smart Brothas**
- "The Five Stages Of MacBook Charger Death" **Very Smart Brothas**
- "Visions of Pappyhood"

"What NOT to do When Someone Comes Out to You" **Huffington Post**

"A Thank You to bell hooks — From Black Men" **PopSugar**

LUPUS



"The Male Faces of Lupus" **Tonic**

"Have Your Heaven Now: What Lupus Taught Me About Life" **Very Smart Brothas**

My mom's favorite:

"finding joy in the little things."

"The highlight of most days is making breakfast for my mother and me."

TheColoredBoy.com

my media + such

**Prioritizing
Mental
Health + Joy
@ Work**
webinar



Mental Health Webinar

Greater NY Chamber
of Commerce

WATCH



The Extraordinary Negroes

Podcast Co-host + Editor,
TheExtraordinaryNegroes.com

LISTEN

Features + Conversations



Black in the Garden 1

"Grounded via Plant
Parenthood Pt.1 w/
Alexander Hardy"



Black in the Garden 2

"Grounded via Plant
Parenthood: Prequel w/
Alexander Hardy"



Kitchen Talk LIVE

The Each-Other Project
chose me as their feature
of the month.



Feature of the Month

The Each-Other Project
chose me as their feature
of the month.



NEGRO: Finding Identity

...I spoke with AfroLatino
historian Dash Harris about
living and finding my roots
in Panama amid colorism,
racism and discrimination.
(NEGRO Documentary)



Healing & Social Justice

I spoke with BEAM
Executive Director Yolo Akili
Robinson about the
intersection of mental
health and social justice.

Alexander Hardy is a grits-powered writer, Mental Health First Aid National Trainer and wellness program facilitator, home cook, dancer, and lupus survivor. He will probably ask what delicious meals you've eaten recently.

He battles spiritual ashiness as CoFounder of GetSomeJoy, a creative wellness agency supporting communities and organizations with joy-flavored trainings, resources, and experiences. During his time with GetSomeJoy, he has developed and facilitated six wellness programs (**Self-Care Check-In, Mindfulness Moments, Literary Therapy Writing Program, Virtual Community Cook-alongs, Creative Art Therapy, and Creating Space for Joy at Work/School**) and published 16 digital Exploration Workbooks.

He leads Youth, Adult, and Spanish Mental Health First Aid trainings and is on a lifelong quest to make better empanadas.

Alexander has written for outlets such as Ebony, CNN.com, Food & Wine, Esquire, Courvoisier, The Root, Saint Heron, and Very Smart Brothas. He crafts soulful messages as a copywriter, editor, and wellness campaign developer.

Alexander does not believe in snow or Delaware.



[schedule a chat](#)

LET'S TALK ABOUT IT

[Contact Me Here](#)

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LET'S CONNECT OR WHATEVER

thealexanderhardy.com

getsomejoy.com



Explore my #AlexGottaEat food posts across Janet Jackson's Internet

