



for your consideration:

Joy-flavored Wellness Programming & Partnership Overview

an invitation to
be great(er) together

getsomejoy.com

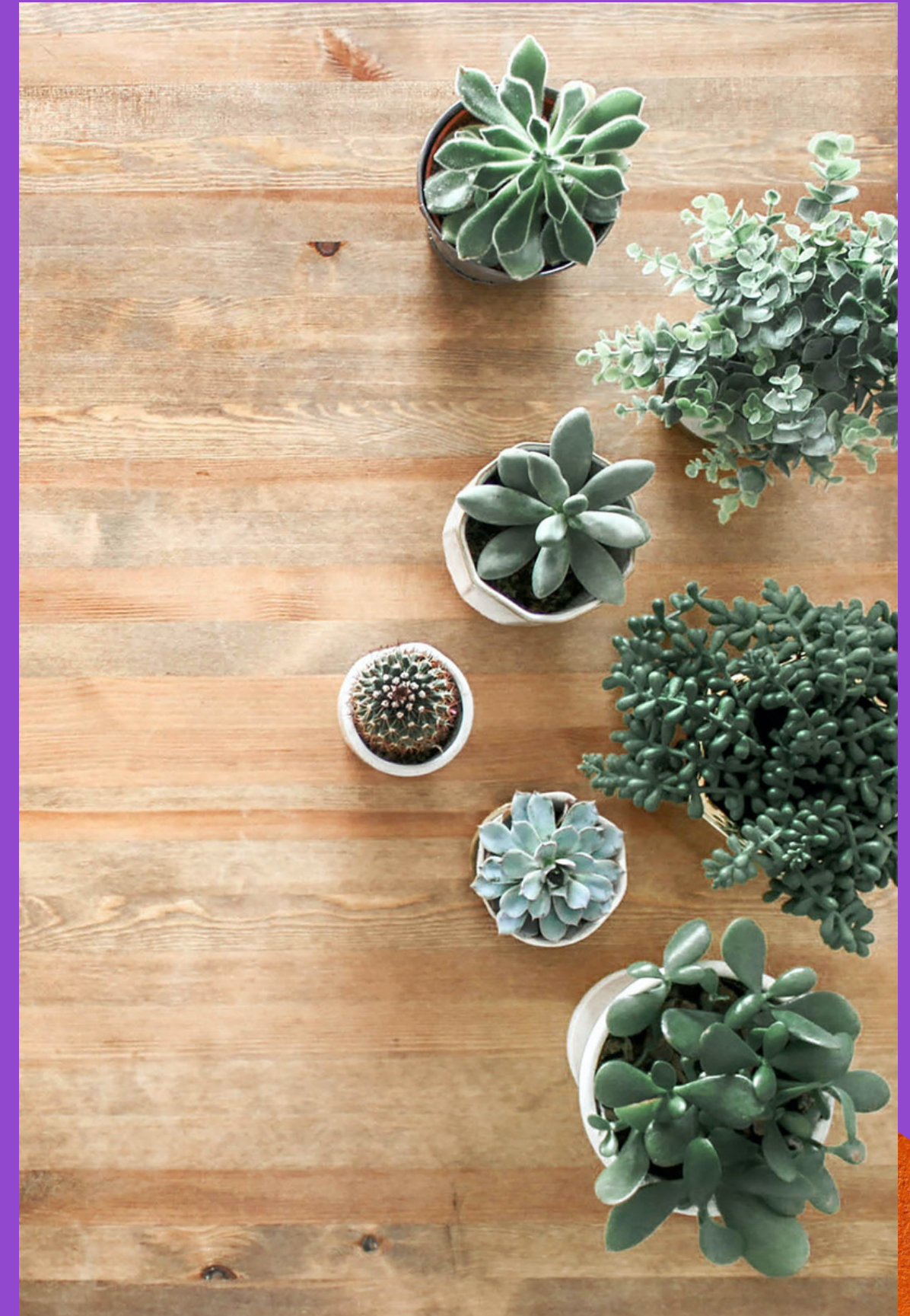


What's 'pon the horizon

How to weaponize joy



- What's this?
- What we do
- About your facilitator
- Our ideal partner
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- Joy-flavored programming
- Next steps
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oh, hey.

Thank you for taking the time to explore the **GetSomeJoy** universe and for being proactive about creating a more joyful world (or workplace).

GetSomeJoy is a creative wellness agency that supports companies, schools, health departments, cultural groups, and other organizations with joy-flavored trainings and experiences that center joy, invite collaboration, and foster connection.

The offerings herein promote mindfulness & introspection, prioritize mental & emotional wellness, and provide safe spaces to take off our superhero capes and breathe.

We look forward to collaborating to navigate this raggedy moment in history.



what we do



01.

Facilitate joy-flavored workshops & experiences

We create space for connection, healing, and joy through our suite of customized trainings and events, such as wellness check-ins, #AlexGottaEat Cookalongs, Literary Therapy writing sessions, Mental Health First Aid trainings, etc.

02.

Assess and support your wellness situation(s)

With our GetSomeJoy@Work Workplace Wellness Assessment, we tap into your organization's culture of joy and wellness and provide insights around how your team members are coping and thriving. We also offer consulting, speaking, and editorial support for your wellness events and initiatives.

03.

Share joyful stories & tools to be great(er).

All GetSomeJoy programming is complimented by newsletter-style resource guides with tools for additional support and exploration. We connect community members to therapy and other treatment, and publish *The Extra Gravy Report* newsletter and *The War On Spiritual Ashiness* podcast. Also: *Mental Health Monday with Alexander Hardy*.

[View our stories and past situations here.](#)

Okay, so who's facilitating this situation?

Alexander Hardy is a grits-powered mental health advocate and wellness programming facilitator, lupus survivor, home cook, dancer, and host of the upcoming podcast, *The War on Spiritual Ashiness*. He will probably ask what (or if) you ate today.

He battles spiritual ashiness as CoFounder of GetSomeJoy, a creative wellness agency that supports organizations and communities with joy-flavored programming and experiences, opportunities for connection and creativity, and wellness resources. He is also an Adult, Youth, and Spanish Mental Health First Aid instructor.

He has written for *Ebony*, CNN.com, *Esquire*, *Food & Wine*, *Courvoisier*, *The Root*, *Saint Heron*, and *Very Smart Brothas*, and provides editorial and wellness consulting.

Alexander does not believe in snow or Delaware.



Our ideal partner:



Invests in and prioritizes wellness and joy

You understand focusing on mental, emotional, and physical wellness is foundational, not optional.

Is intentional about having joyful team members

You are actively invested in community wellness and thriving (or desire to be).

Embraces opportunities to expand their perspectives

You value receiving feedback that allows for growth.

Adds value, not harm

You collaborate with, support, and resource the community.

Knows there's no one way to thrive

You understand we each need something different in order to be great(er).



We've made magic with these folks & others

More [past work right here.](#)



On programming: we got options

There are countless ways to find joy.
Here are three ideas.

One session or event

Schedule a Mental Health First Aid training (or a series) or a single session of GetSomeJoy programming.

Planning a mental health event or initiative?

We can support that, too.

Schedule a GetSomeJoy@Work Wellness Day for your team

A full day of joy-flavored programming to foster connection, inspire creativity, and center joy.

Also included: a
*GetSomeJoy@Work Workplace
Wellness Assessment*

Ongoing Collaboration

Make the most impact with a series of customizable joy-flavored programming.

Schedule weekly or biweekly sessions, or account for varying schedules with multiple time slots.

Schedule up to one year of programming in advance.



getsomejoy@work workplace wellness assessment



[schedule a chat](#)

how is your community coping right now?

Gain feedback around barriers to individual, role-related, and community wellness and receive strategies to optimize joy within your work culture with this anonymous crowdsourced wellness review.

After allowing 1 - 2 weeks for maximum participation, we prepare and deliver a spiffy Workplace Wellness Report that includes feedback from team members of all levels.

- Obtain valuable anonymous feedback on the culture of joy with immediately applicable strategies and insights.
- Demonstrate your commitment to optimizing team member wellness amidst global transition and uncertainty.
- Contribute to a safe, collaborative, trusting work environment.

Audience.

This review and report are ideal for those in charge of team member morale and benefits: human resources managers or directors, wellness program management, talent retention, etc.

mindfulness moment & wellness check-in



[schedule a chat](#)

what are you doing to get some joy?

How are you pouring into yourself? What support do you need?

This casual weekly or biweekly session offers team members a chance to take off their superhero capes, have a moment to breathe, acknowledge what's going well, engage support, and acquire resources to be great(er) during the week.

Sessions include:

- Mindfulness & gratitude activities and strategies
- Focus on restorative wellness practices
- Introspective prompts and discussions
- Space to request accountability & support to be great(er)

Audience.

This team-wide check-in is for anyone who could benefit from a moment of collective reflection, recharging, and wellness-based tools for personal development and helping clients and teammates thrive.

literary therapy: writing (for) your life



[schedule a chat](#)

write your way to clarity.

"**Literary Therapy: Writing (for) Your Life**" is a dynamic, interactive experience that harnesses the cathartic power of creative writing, group readings, and collective vulnerability to explore topics related to mental and emotional wellness.

During the sessions, participants:

- engage in introspective writing exercises,
- practice mindfulness and gratitude,
- explore topics such as joy, safety, isolation, loss, growth, love, giving ourselves grace, etc.
- curate restorative wellness practices and support,
- receive tools for self-affirmation, articulating feelings and experiences, and prioritizing joy.

The session underscores writing's effectiveness as a vehicle for healing and catharsis, and allows participants to take an inventory of and gain clarity on their wellness journeys.

Most impactful as a series of sessions, as growth is a process, rather than a one-time experience.

Audience.

This session is ideal for anyone open to using introspective and creative writing as a tool to make sense of life (in this raggedy moment in history and beyond) and find clarity, freedom, and healing.

creating space for joy in the workplace

(in the age of the rona & beyond)



[schedule a chat](#)

foster wellness & thriving amidst global transition.

Participants (management, supervisors, team leaders, etc.) will explore and share strategies for supporting team members and enhancing the culture of joy at work during a time of global uncertainty.

Sessions offer leaders:

- space to share victories and strategies for optimizing joy and navigating challenges,
- insights on offering emotional support and navigating a mental health or substance use crisis,
- organization-friendly resources for group healing in the ongoing war on spiritual ashiness.

Consists of: Anonymous team-wide GetSomeJoy@Work Workplace Wellness Assessment to gain insight on organization's joy level & how supported team members feel, and sessions for assessment, brainstorming, & implementation.

Audience.

This series is ideal for supervisors, managers, executive directors, decision makers, aspiring directors, trainers, and other community leaders tasked with guiding folks to greatness in a time when safety feels non-existent and joy is evasive for many of us.

mental health first aid (and youth mental health first aid)



[schedule a chat](#)

anyone can save a life.



Mental Health First Aid (MHFA) is an interactive training course that presents an overview of mental illnesses and substance use disorders in the U.S. and an action plan (A.L.G.E.E.) for engaging and offering support. All courses take place virtually.

The course introduces participants to risk factors and warning signs of mental health problems (depression, anxiety, non-suicidal self-harm, suicidal ideas & behaviors, substance use challenges), builds understanding of their impact, and reviews common treatments.

Consists of: Two-hour virtual self-paced training on Mental Health First Aid & ALGEE action plan + Instructor-led Skills Application Session + Three-year certification upon completion

Audience.

Like CPR, MHFA is for everyone. Youth MHFA is suitable for teachers, school admin, superintendents, coaches, parents, community members, aunties/uncles, etc. For groups of at least 10 participants.



Schedule a GetSomeJoy@Work Wellness Day for your team

Spread joy and inspire creativity with a one-day sampling of our joy-flavored programming. After the GetSomeJoy@Work Workplace Wellness Assessment, participants enjoy a day of mindfulness, body movement, wellness check-ins, therapeutic writing sessions, and leadership sessions on creating a more joyful workplace.

[schedule a chat](#)

For example:

10 AM - 10:20 AM — **Morning Meditation**

9:30 AM - 9:50 AM — **Body Movement + Stretching**

10:30 AM - 11:30 AM — **Wellness Check-In + Mindfulness Moment**

iLUNCH! (live your life)

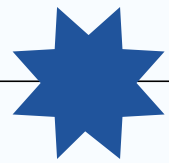
2 PM - 3:15 PM — **Creating Space for Joy in the Workplace (for managers + leaders)**

3:30 PM - 4:30 PM — **Literary Therapy Writing Workshop**

Participants receive an activity workbook and a resource newsletter.

Ready to weaponize joy & prioritize community wellness?

Let's be great(er) together.

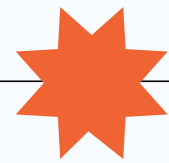


Connect

Share your wellness initiatives, team dynamics, and goals.

Explore how to maximize your culture of joy.

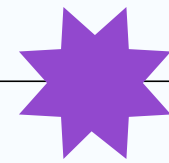
15 | Next Steps



Schedule

Make it official.

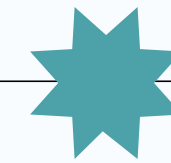
Let's pick some dates to spread some joy.



Assess

Gain insights about how your team is coping with our GetSomeJoy@Work Workplace Wellness Assessment™.

Allow 1-2 weeks for completion. Receive a Workplace Wellness Report™.



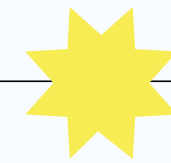
Collaborate

The magic happens.

One day of joy?

A few weeks or months?

You decide.



Follow-up

Participants receive activity workbook, resource newsletter, and survey.

Do it again? Got more ideas?

Let's talk about it.

Elsewhere on Janet Jackson's Internet:



Selected publications on mental health, joy, and food by **Alexander Hardy**

["So I Just Became a Mental Health First Aid Instructor And Here Is What I Learned"](#) | Very Smart Brothas

["Deeply rooted: what plant parenthood taught me about caring for myself"](#) | Mic

["How I Got Over Myself And Learned to Make Rice"](#) | Food & Wine

["I Didn't Go Home For Christmas Because I Was Ashamed of Being Suicidal"](#) | Very Smart Brothas

["8 Perks of Packing Up and Moving to A New City"](#) | Esquire

["So I Just Started Leading Mental Health First Aid Trainings In Spanish"](#) | The Extraordinary Negroes

["Supporting a Team Member During a Personal Crisis"](#) | Unilever Food Solutions

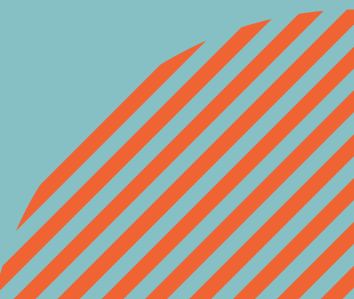
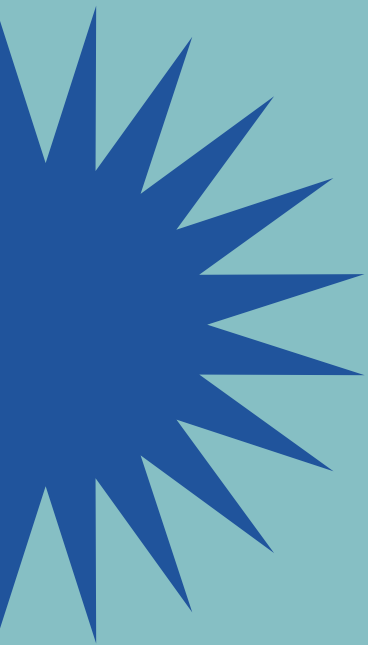
["Mental Health Monday #1 - #65"](#) | The Extraordinary Negroes

["Audio Therapy: How Music Improved One Man's Mental Health"](#) | EBONY

["Things To Consider When Starting Therapy"](#) | Very Smart Brothas

["On depression: to anyone else living in a fog"](#) | Gawker

***View the rest of
Alexander's writerly
portfolio here***





Let's be great(er) together.

Ready to weaponize joy? Let's talk about it.

[schedule a chat](#)

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