

Illness, Isolation, Dog Poop, and...Joy?

Presented by Jody L. Jones, Ph.D.

Key Points:

- Human emotions are complex, allowing for the presence of grief and joy at the same time.
- Joy is however you define it; there are no rules for how big or small a thing must be to bring joy
- We all can practice strategies that give us access to joy, no matter what our circumstances.



About the Presenter:

Dr. Jody Jones is a clinical psychologist and clinical associate professor in the Dept of Surgery at the University of Iowa. She received her PhD in 1997 from the University of Alabama and completed her residency at the University of North Carolina Medical School, where she first began working in transplant.



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