

Joy in the Midst of Difficult Work Menus

The following menus are used to spark ideas.

Use the course package to build your Joy Parfait™.

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Workshop Duration: 60 minutes (1 CE hour)

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The Joy Parfait™

Joy Anchored Outside of Work™

Menu of Items



The menu is a starting point. Use it to spark recognition, not obligation.

This is about making your life work for you, not the other way around.

HOW TO USE IT

Read through and tick anything that sparks something; recognition, interest, or a memory. You are not committing to anything yet. Ticking is not deciding





Making & Creating

☐ Reading; a chapter, not a book	☐ Audiobooks in the car
☐ Painting, drawing, sketching	☐ Photography
☐ Writing: journalling, letters	☐ Playing an instrument
☐ Singing in the car	☐ Baking or cooking with no occasion
☐ Sewing, knitting, crochet	☐ Woodworking, building, restoring
☐ Fixing things: cars, bikes, small engines	☐ Puzzles, models, LEGO
☐ Learning something with no purpose	☐ Whatever your version of glitter is

Moving & Being Outside *no goals, no tracking, no streaks*

☐ Walking — no distance, no app	☐ Sitting outside with a coffee
☐ Gardening, plants, yard work	☐ Cycling
☐ Rollerblading or skating	☐ Swimming
☐ Fishing	☐ Hiking or trail walking
☐ Canoeing, kayaking, paddling	☐ Snowshoeing, skiing, winter walking
☐ Stretching or yoga at home	☐ Lifting or working out on your own clock
☐ Drop -in dance classes/social events	☐ Drop-in hockey/soccer/basketball (any sports)

People Who Aren't From This World

☐ One friend outside deathcare	☐ A standing text thread
☐ Coffee with someone who never asks about work	☐ A meal with phones away
☐ Calling instead of texting	☐ A drop-in book club
☐ A faith or spiritual community	☐ An online community about a hobby
☐ Reconnecting with someone the schedule cost you	☐ Time with your kids that isn't logistics
☐ Walking the dog, sitting with the cat	☐ Trivia, darts, league nights you can miss



Rest & Quiet *restoration counts as an anchor*

☐ Sleep, protected and non-negotiable	☐ A nap without guilt
☐ A bath or shower with no rush	☐ Silence: no radio, no podcast, no news
☐ Doing nothing, on purpose	☐ Sitting in your own space
☐ A show with no crime, trauma, or medicine in it	☐ Being somewhere nobody can reach you

Play & Lightness *things with no point at all*

☐ Crosswords, sudoku, puzzles	☐ Video games
☐ Board games or cards	☐ Comedy: stand-up, sitcoms, anything that makes you laugh out loud
☐ Watching sports	☐ Live music or a concert
☐ Collecting something	☐ A hobby you would be embarrassed to explain

Care Outside the Role

☐ Animal rescue or shelter volunteering	☐ Fostering
☐ A community garden	☐ Helping a neighbour
☐ A cause unconnected to death or loss	☐ Mentoring outside the profession

What doesn't belong

☐ Trade magazines and industry podcasts	☐ Conferences and conventions
☐ Continuing education	☐ Professional association work
☐ Networking events	☐ Picking up another shift

Add Your Own Ideas

☐	☐
☐	☐
☐	☐



The transitions already in your day

- Removal → embalming
- Prep room → arrangement office
- Funeral → first call
- Washing cars → greeting the family
- Before a preparation
- After a difficult transfer
- Before meeting a family
- Staying at the cemetery until the family has left
- Before starting your day
- Getting called out at night
- Going back to bed after a night call
- Returning home after the day
- Transitioning from work to a lunch/dinner break and back to work again

Add Your Own Transitions

☐
☐
☐



What can live at a transition

☐ Walking outside with no destination	☐ Being outside, even for two minutes
☐ Five deep breaths before the next task	☐ A scented hand soap between prep and family work
☐ Changing your shirt/clothes between tasks/families (prep/family work)	☐ Hand cream that's only for after prep
☐ A specific song after a removal	☐ Music you like between calls
☐ A podcast episode on the drive back	☐ The <i>In Life Podcast</i> Transition Series
☐ Coffee, tea, or hot chocolate with intention, not on the run	☐ A piece of chocolate or small treat before a difficult task
☐ The lunch you eat, uninterrupted	☐ The first coffee before opening
☐ Quiet in the prep room before starting	☐ A phrase you say to yourself between tasks
☐ Standing outside for thirty seconds before going back in	☐ A few extra minutes at the cemetery before getting back in the car
☐ The drive between calls treated as your own time	☐ Not answering the phone during your break if at all possible
☐ Building time blocks between tasks (ex: 15 minutes between preparation and the arrangement office)	☐ A break with a colleague, coffee, sit outside etc.

Add Your Own Ideas

☐	☐
☐	☐
☐	☐



The menu is organized by the five friction points from your worksheet. Read through each section and tick anything that sparks recognition, something that has worked for you, or something you could try.

When I can't figure out food

☐ A specific restaurant or takeout spot you've pre-decided	☐ A snack in your car, drawer, or freezer you keep stocked
☐ A designated "easy meal" someone else in your house can grab	☐ A prepared meal service you already use
☐ A specific person you can text to bring food when they visit	☐ A single go-to grocery item that doesn't require cooking
☐ A meal you can eat cold if you don't have the energy to cook	☐ A short list of two or three places on your phone, so you don't have to decide from scratch

When I can't turn off my mind

☐ A specific podcast episode you already know works	☐ A show you can rewatch that requires no attention
☐ A specific book or genre that pulls you out	☐ Music that occupies enough of your mind to quiet the rest
☐ A specific game on your phone (a game with rules, not scrolling)	☐ A physical activity you can do without thinking (walking, cleaning, driving)
☐ Something someone else needs from you that isn't emotional (mowing a lawn, running an errand, helping a neighbour)	☐ Written journaling (dumping what's in your head onto paper)
☐ A specific location you can go to reset (a park bench, a coffee shop, your car)	



When I need to talk to someone

☐ A specific person's phone number, saved and easy to find	☐ A trusted colleague inside the profession who gets it without explanation
☐ A friend outside the profession who knows how to just listen	☐ FPPS peer support
☐ Your association's member assistance program	☐ A therapist or counsellor you already have a relationship with
☐ A group text or thread you can send a short message to	☐ A voice memo you send someone (talking without needing a reply)

When I need sensory relief

☐ Earplugs (kept in your bag, car, or pocket)	☐ Headphones to get through solo tasks that aren't community- or family-facing
☐ A change of fabric (a shirt or layer that feels different on your skin)	☐ A specific scent you keep on you (hand cream, essential oil, lip balm)
☐ Sunglasses (even indoors sometimes)	☐ A weighted blanket, cushion, or specific piece of clothing at home
☐ A quiet space you know you can access (your car, a specific room, outside)	☐ A specific temperature reset (cold water on wrists, warm drink, opening a window)



When I can't face the rest of the day

This friction point works differently from the others. First, check whether the day itself can be reduced. If it can't, then reach for a coping tool.

First, ask:

☐ Is going home actually an option today?	☐ Can I shift anything to tomorrow?
☐ Can I forward the phones so one thing is off my plate?	☐ Can I call someone in to help?
☐ What is the smallest thing I can finish to feel closed out?	

If none of those are available, here is what I reach for:

☐ A specific snack or drink saved for exactly this moment	☐ A short walk outside, even to the mailbox and back
☐ A specific song or playlist that pulls you back	☐ Cold water on your face or wrists
☐ A phrase or thought you've pre-decided to hold on to	☐ A specific ritual for closing out a hard shift (changing clothes, a specific route home, a specific song in the car)

What doesn't belong

☐ Anything that requires figuring out what to do in the moment	☐ Anything that needs someone else's cooperation you can't count on
☐ Anything that requires energy you don't have	☐ Anything that needs to be built or set up when you already need it
☐ Substances or behaviours that make things worse (alcohol, over-scrolling, isolating)	☐ A general "I'll handle it", vague responses aren't Pocket Tools

Add Your Own Ideas

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☐	☐
☐	☐