

JOY IN THE MIDST OF DIFFICULT WORK

Presented By: Nella Vita Wellness™

Qualifies for one CE credit as part of the *Lifting the Burden Wellness Summit*,
Hosted by Funeral Professionals Peer Support
October 12, 2026 - October 16, 2026

© Nella Vita Wellness 2026 | For personal use only. Not for reproduction, redistribution or reuse.

PROMPT & REFLECT

Take a few minutes with these questions.
There is no need to share your answers with anyone.
Feel free to write, think or reflect.

Introduce yourself. How would you describe yourself to someone you just met?
Who are you?

Now, read what you wrote. How much of it is about your work, your role and who
you are to other people?



Think about a workday that felt manageable. What made it that way?

On a hard day what are the pockets? The moments between calls where you get to just breathe, eat lunch uninterrupted, sit without bracing for the next call, or be human for a minute?

What do those look like for you, if they exist at all?

MY JOY PARFAITTM

MENTAL PPE FOR DEATHCARE PROFESSIONALS

© Nella Vita Wellness 2026 | For personal use only. Not for reproduction, reuse or redistribution.

PART TWO: BUILD YOUR PARFAIT

Use the menu of items provided in the course package to spark recognition, find something familiar, or discover something new.

Pay attention to the things that make you feel good, excited, a little lighter or maybe even make you smile.

JOY ANCHORED OUTSIDE OF WORK™

Refer to menu for ideas

JOY ANCHORED OUTSIDE OF WORK™

Self- Check

- ☐ Realistic for on-call life?
- ☐ Low-barrier?
- ☐ Guilt-free if missed?
- ☐ Realistic for my life right now?

JOY EMBEDDED IN WORKTM

Transitions in my day:

Already in my day worth protecting:

Small things I could add:

Refer to the menu for ideas.

JOY EMBEDDED IN WORK

™

Self- Check

- ☐ Realistic for on-call life?
- ☐ Low-barrier?
- ☐ Guilt-free if missed?
- ☐ Realistic for my life right now?

JOY POCKET TOOLS[®]

Refer to the Layer 3 menu for ideas.

My Pocket Plan

When I can't figure out food: _____

When I can't turn my mind off: _____

When I need to talk to someone: _____

When I need sensory relief: _____

When I can't face the rest of the day: _____

My Friction Points (add your own)

When I: _____	I will: _____
---------------	---------------

When I: _____	I will: _____
---------------	---------------

When I: _____	I will: _____
---------------	---------------

When I: _____	I will: _____
---------------	---------------

When I: _____	I will: _____
---------------	---------------

JOY POCKET TOOLS™

Self- Check

- ☐ Immediately accessible with no thinking required?
- ☐ Already in place?
- ☐ Low effort?
- ☐ Actually helps?

MY JOY PARFAIT™

MENTAL PPE FOR DEATHCARE PROFESSIONALS

© Nella Vita Wellness 2026 | For personal use only. Not for reproduction, reuse or redistribution.

EVERY PARFAIT NEEDS A PLAN

Without a plan your **Joy Parfait™** is just a wish.

Choose one thing from each layer you will actually use or protect this week. If that feels like too much, choose the layer where you need support most and start there.

BE SPECIFIC

JOY ANCHORED OUTSIDE OF WORK™

This week, I will:

JOY EMBEDDED IN WORK™

This week, I will:

JOY POCKET TOOLS™



My Pocket Plan is Ready!

Thank You

Thank you for taking the time to complete this workshop.

The work you do in funeral service is emotionally demanding.

You show up for families on their worst days and carry the weight of grief that is not your own.

Your Joy Parfait™ is a reminder that you are allowed to exist within the care you give to others.

What you built here is a way to protect who you are outside of this work, find moments that sustain you within it,
and to have something ready for the days when you just need to get through.

Return to it often. Let it change with you.

And when the invisible trades start to add up come back to this.



IN LIFE. AMID DIFFICULT WORK.

JOY IN THE MIDST OF DIFFICULT WORK

Presented By: Nella Vita Wellness™

Qualifies for one CE credit as part of the *Lifting the Burden Wellness Summit*,

Hosted by Funeral Professionals Peer Support

October 12, 2026 - October 16, 2026

© Nella Vita Wellness 2026 | For personal use only. Not for reproduction, redistribution, or reuse.