

Course Information	
Course title	The Science of Joyful Living
Semester	110-1
Designated for	
Instructor	MALABIKA MISTY DAS
Curriculum Number	LibEdu1102
Curriculum Identity Number	H01 10400
Class	01
Credits	3.0
Full/Half Yr.	Half
Required/ Elective	
Time	Thursday 3,4,5(10:20~13:10)
Remarks	The upper limit of the number of students: 53.
Course introduction video	
Table of Core Capabilities and Curriculum Planning	Association has not been established

Course Syllabus

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Course Description	Joy and love are intrinsically our authentic nature. However our life experiences, chronic stress and unresolved cumulative trauma can be a precursor to disconnection from our authentic nature and inherent strengths. In our pursuit of success and ‘happiness’, or the “good life” we have become bombarded from an early age with what seems like a societal mapping for success. This is often inclusive of responsibilities, tasks, and the pressure of doing and achieving more. Alongside this, environmental stressors such as digital overload, political instability, climate change and health
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pandemics can often feel overwhelming. Over time, our nervous systems become overloaded, taking a toll on our body, mind and spirit. Our physical and mental health may decline or our relationships and life satisfaction may deteriorate. At the end of the day (and life), will what we do and achieve matter if we are unhappy and suffering? What does the evidence tell us about creating a joyful, happy and meaningful life? This practice based, self-development course brings forth empirical findings and evidence based approaches for holistic wellbeing and a meaningful life. We explore diverse and integrated wellbeing constructs from the lenses of social work, positive psychology, and yoga and mindfulness. The evidence demonstrates how a balanced body, mind and spirit connects to overall life satisfaction. Students will explore and log about weekly practices and approaches designed to foster tools for holistic wellbeing. Students can learn new techniques and approaches to navigate the ebbs and flows of life's daily stressors and challenges. This can prevent chronic stress and dis-ease and enhance resilience and wellbeing. This is more than an academic course, it is a journey of self discovery, self care and self empowerment.

As you know, this is a self-development course. If you are currently experiencing physical and mental health disharmony and life challenges, you are encouraged to also access student counseling. This Course can be a support for you but does not replace counseling. The Professor is happy to support you in your efforts for wellbeing and is open to discuss and work with you. Students are encouraged to utilize Professor office hours for further clarification into Course materials, lectures, assignments or for any important matters. They can contact TA also. Mobile phones should not be accessed during class. Personal information disclosed during any class or small group discussion should be kept confidential.

Course Objective

- Students will be able to:
1. Distinguish between the variety wellbeing constructs
 2. Reconnect with personal strengths, strengths based perspectives and tools to build resilience such as the growth mindset and meaning making
 3. Utilize a variety of breathwork practices to regulate and manage stress systems
 4. Explore and increase awareness the interconnections between mental, physical and spiritual health
 5. Bring greater awareness to personal stress factors and others patterns which may be limiting positive growth and wellbeing
 6. Incorporate self-care techniques for stress reduction, personal and professional wellbeing.
 7. Demonstrate basic understanding of stress and trauma's neurobiology, manifestations and holistic health sequelae
 8. Experience a variety of yoga and mindfulness tools and techniques for overall health balance
 9. Build greater emotional agility and regulation to b resilience when facing life challenges.
 10. Explore the healing aspects of nature and environment have
 11. Foster spiritual strengths and life meaning while increasing gratitude, kindness, compassion, empathy and social connections.

Course Requirement

Students will engage in learning through the following methods: Experiential (breathwork, yoga and mindfulness). Demonstration, Lecture, Small and Large Group Work and Discussion, Role Play, and Web, Audio and Video Supplemental Resources. We will be using NTU COOL for the class e-learning platform. Here you will find all materials needed for each session.

For yoga sessions, there will be weekly practice. Please inform the Professor of any physical and mental disharmony you are currently experiencing. Yoga can be postures can be modified to suit different needs. Each week, please dress accordingly for yoga, movement, breath practices. Comfortable workout, athletic, stretchy and breathable clothing is highly recommended. No jeans, short shorts, skirts and dresses. Please be prepared to leave your shoes inside the door of the classroom. It is recommended you have socks to cover your feet in general but you may want to go barefoot on your yoga mat. Please bring your hand sanitizer/disinfectant spray with you. Small towels can be helpful for sweat or as eye cover. Always bring your water bottle.

Office Hours

每週四 09:00~10:00
每週四 13:00~14:00 Note: Thursdays by appointment. Professor can be accessed before and after class as well.

References

There are no textbooks for this Course. All resources will be available on the web at no cost. Students will need to purchase a yoga mat and 2 yoga blocks. Please have these ready by Session 2.

Please expect the following the expenses for this Course:

2 Yoga Blocks
1 Yoga Mat

We have provided an option to order your eco friendly and Made in Taiwan supplies. Google form will be provided to order.

Designated reading

Grading

No.	Item	%	Explanations for the conditions
1.	Weekly Practice && Resource Reflections	51%	Weekly Practice & Reflections Students will have weekly resources and wellness practices to engage in around the module. Students will required to submit the following each week: A. Complete the weekly reading/podcast or video B. Complete the weekly wellness practice and follow the specific directions. C. Write (minimum) one paragraph about overall impression of the practice. The final reflection will be discussed later in the semester. Students should submit to NTU Cool when complete and by the following Wednesday at 11:59pm to avoid late penalty. Students can still submit by the following Sunday with late penalties. Evaluation criteria weekly reflection and practice logs. 1) responsiveness to the requirements of the assignment 2) thoughtfulness/self-reflectiveness 3) timeliness 4) Submissions should be in English. Mandarin will be accepted, but will need an English translation provided by the student just after the mandarin part.

2.	Attendance, Thoughtful Effort & Participation	49%	Attendance, Thoughtful Effort & Participation Students will be expected to attend each course session 5 minutes to start time to prepare yoga mats. You will ne marked down if you are late for class. Thoughtful effort is inclusive of completing all assignments, verbal participation, engagement in practices, mindful presence in class and considerate listening of others. Students will be expected to demonstrate a willingness and open curiosity to participate in all required aspects of the Course (readings, videos and podcasts, small and large group activities, discussions, and weekly wellness logs).
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Progress

Week	Date	Topic
Week 1	9/23	<p>Module 1: Unite with Joyful Living (9/23)</p> <p>Overview: We aim for a happy life that is filled with contentment and overall wellness. But is happiness overrated? How is joy different? Current evidence points out that wellbeing constructs such as meaning and purpose may be just as valuable as looking for happiness. Meaning and purpose in life brings motivation and a sense of direction that feels good for us. This introductory session gives course information. It also deconstructs the key elements of what may be the good life.</p> <p>Theory Learning Outcomes: Overview of Course Wellbeing Constructs & Key Approaches; Expectations, Requirements</p> <p>Practice Learning Outcomes: Safety in Yoga Practice; Diaphragm Breath; Breath to Movement; Reflect on Positive Moments</p>
Week 2	9/30	<p>Module 2: Explore Yoga and the Essential Lifeforce (9/30)</p> <p>Overview: Yoga means to yoke, or unite body, mind and breath. It is a practice of body-mind-spirit wellbeing. Asana (postures) help to dive deeper into the body's intelligence as well as flexibility. Pranayama practice (breathwork) practice allows the mind and body to connect and helps to create balance in the nervous system. Mindfulness and meditative practices are also included and adapted into the various styles of yoga. This session explores the mental, physical and spiritual benefits of yoga and breathwork and accessible tools, techniques and practices.</p> <p>Theory Learning Outcomes: Yoga as Process of Self Development Prana essential lifeforce cultivated from breath</p> <p>Practice Learning Outcomes: Pranayama (Breath and Lifeforce as a Stress Management Tool); Joint and Spinal Warm up</p>
Week 3	10/7	Module 3: Connect Body Mind Spirit for Self Care & Stress Management (10/7)

		<p>Overview: Humans consists of physical, mental/psychological, social, spiritual and environmental domains which all interconnect with each other. In this session, we explore this interconnection through the Integrative Body Mind Spirit social work approach to health and wellbeing, self care, and “distress” reduction. This framework promotes a bio-psycho-social-spiritual holistic model of health, and blends Eastern & Western modalities of health and wellbeing. From ancient wisdom such as Daoism to modern evidence of neuroplasticity, it is clear that to achieve health balance, life harmony and trauma transformation, a combination of body mind and spirit self care practices are vital.</p> <p>Theory Learning Outcomes: Neurobiology & Holistic Impact of Stress; Integrative BMS Theory</p> <p>Practice Learning Outcomes: Explore Embodiment; Activate your Holistic Self Care Plan</p>
Week 4	10/14	<p>Module 4: Grow your Strengths & Resilience (10/14)</p> <p>Overview: We all have inherent strengths we are born with, foster and develop and even initiate and discover throughout life. However, due to the programming from our environment, community, cultural and societal norms, some maladaptive messages become instilled in us. We can start to feel inadequate or “not enough” (not good, smart, pretty, man enough, etc...). Alongside this, unresolved trauma and chronic stress and lead to focusing on what we think we lack (our deficits) as we try to meet many expectations. In this session, we explore shifting from deficits to a strengths-based approach to build resilience. We explore tools such as intention setting, growth mindset and the power of visualizing our goals and best selves.</p> <p>Theory Learning Outcomes: Strengths Based Approach, Growth Mindset</p> <p>Practice Learning Outcomes: Enact Intention Setting, and Visualizing Goals & Best Self</p>
Week 5	10/21	<p>Module 5: Explore Embodied Movement for Health (10/21)</p> <p>Overview: Physical exercise and movement based activities such as yoga, dance, and breath awareness have been known to be beneficial for holistic health. Through embodiment we can go deeper and begin to feel and sense through the body. This bodily awareness harnesses’ the body’s intelligence and a deeper connection to all that is. Somatic practices can enhance our feel good hormones, healing and emotional awareness as well as stress and trauma release. In this session be prepared to explore many forms of somatic movement. Bring a towel, it may get sweaty!</p> <p>Theory Learning Outcomes: Embodiment & Somatic Healing, Exercise for Body & Brain Health</p> <p>Practice Learning Outcomes: Enhance Embodiment & Explore Somatic Practices: TCM: Yoga , Continuum, Animal Flow, Dance</p>
Week 6	10/28	<p>Module 6: Rewire, Reframe & Reauthor your Story (10/28)</p>

		<p>Overview: This session discusses ways to shift out of a deficit narrative into one of strength. Negativity bias, limiting beliefs of ourselves and life circumstances can slide into a deficits focused narrative that often gets repeated. Often, how we perceive these stories do not serve our best interests and may prevent our strengths from flourishing. Words and meaning have power, and learning ways to reframe or reauthor our story can be an empowering and transformative process to counteract our limiting beliefs. Also, specific pranayama and yoga practices can balance our brain hemispheres and evolve conscious connection into our authentic selves. We can begin to rewire and rewrite our life stories into ones of survival, courage and empowerment.</p> <p>Theory Learning Outcomes: Limiting Beliefs and Negativity Bias Concepts</p> <p>Practice Learning Outcomes: Rewire brains and reframe meaning</p>
Week 7	11/4	<p>Module 7: Experience Mindfulness & Meditation (11/4)</p> <p>Overview: Mindfulness, moment to moment awareness with self-kindness and non-judgment is foundational practice for meditation. Meditation can take different forms and focus on the breath is usually involved. Meditation can build new neural pathways to feel more focused, less reactive, and less stressed. We can develop patterns for wellbeing. This session discusses mindfulness and meditation and how we can cultivate it in our lives in order to live with more clarity, wisdom, and embodied attention.</p> <p>Theory Learning Outcomes: Eastern Conceptualization of Mind Types of Meditation,</p> <p>Practice Learning Outcomes: Mindfulness Benefits / Find your meditation</p>
Week 8	11/11	<p>Module 8: Regulate Emotions with Self-Compassion (11/11)</p> <p>Overview: Sometimes life is hard-can you be kind to yourself? Compassion means to be with others in their suffering, but how about being with ourselves during painful life experiences? Emotional agility is important in regulating emotions and accessing resilience within stressful, adverse and challenging situations. This session explores accepting, learning and embracing emotions with self compassion. Self-compassion is a critical factor to bring light to our shadows and life's dark challenges. It can increase our emotional agility to better regulate emotions and navigate life's hardships. Ultimately, we increase</p> <p>Theory Learning Outcomes: Emotional Agility & Regulation; compassion & wellbeing</p> <p>Practice Learning Outcomes: yin yang self compassion, yin and loving kindness to self</p>
Week 9	11/18	<p>Module 9: Demystify Spirit & Awaken Conscious Energy (11/17)</p> <p>Overview: Both scientists and spiritualists believe there is a vibrant frequency throughout us and the universe. Finding our spiritual selves can be broad ranging journey with several components including a greater sense of self, a deeper understanding of life meaning and purpose, or simply being a kind person. Spirit consists of energy, which is in</p>

		<p>everything and is everywhere. In this session, we deepen our exploration into life force (Qi, Prana) energy and its contribution to our wellbeing, focusing on Qigong and Taoist Yoga to cultivate Qi and enhance our spiritual connections.</p> <p>Theory Learning Outcomes: Spirituality Benefits and Chi Theory</p> <p>Practice Learning Outcomes: Chi Cultivation, Explore Spirit</p>
Week 10	11/25	<p>Module 10: Evolve a Gratitude Attitude (11/25)</p> <p>Overview: Giving thanks for what we do have, can be a liberating aspect from suffering. Gratitude or “being thankful” is another common wellbeing construct that is gaining wide popularity. This session discusses gratitude a wellness practice. Moreover, recognizing our blessings instead of focusing on what we do not have can enhance our capacity to experience wellness and joy.</p> <p>Theory Learning Outcomes: How thankfulness improves wellbeing</p> <p>Practice Learning Outcomes: Incorporate Gratitude Practices: Count Blessing, Express it</p>
Week 11	12/2	<p>Module 11: Find Freedom with Forgiveness (12/2)</p> <p>Overview: Forgiving ourselves and others may play a huge role in life in cultivating balanced wellbeing and health, empathy, adaptability, spirituality and happiness. It can be a learned skill as a behavior as well as an emotional release of burdens and toxic anger and resentment. This session explores how forgiveness can increase self love and decrease self judgement leading to peace, joy and true contentment</p> <p>Theory Learning Outcomes: A tool for Personal Growth & social connection</p> <p>Practice Learning Outcomes: Vulnerability and mantra to combat toxic shame</p>
Week 12	12/9	<p>Module 12: Build Empathy & Social Connections (12/9)</p> <p>Overview: Meaningful connection brings joy into our lives and is a key pillar to wellbeing and elevating our spirits. This session looks into how building empathy skills can forge meaningful connections with others. In particular, empathy through mirroring, active listening and summarizing can be impactful to better understand others experiences. Also, when we feel fully heard enables a nurturing and supportive energy. Empathy is critical to human connection and feeling understood without judgment. Through an empathy circle we will practice these skills.</p>
Week 13	12/16	<p>Module 13: Practice Kindness & Help Others (12/)</p> <p>Overview: Meaning and purpose, key social constructs of wellbeing, can often begin to take shape through acts of kindness and service to others. A desire to help others without expecting something in return is often referred to as altruism. The evidence points out that by being kind to others is good for our own wellbeing. Our neuroplasticity increases as we increase concern for others through our behavior, feelings and attitude. This session</p>

		dives deeper into meaning and purpose through exploration of the pro social behaviors of kindness and altruism.
Week 14	12/23	Module 14: Align with Flow & Purpose (12/23)
Week 15	12/30	<p>Module 15: Heal & Be Awed by Nature (12/30)</p> <p>Overview: A sense of “awe” and nature’s healing properties promote wellbeing, and transcendent states of something greater than ourselves. Awe is generated from profound experiences such as magnificent landscapes, a heroic story, art and spirituality. Nature can literally heal us as evidenced by how trees and their phytoncides help to regulate physical and emotional health. Forest bathing can inspire a deeper connection and unification with nature. In this session, we rewild, forest bathe and become awed by nature.</p> <p>Course wrapping up, closing circle</p>
Week 16	1/6	Final reading and video resources given to students for further self learning
Week 17	1/13	Final reading and video resources given to students for further self learning