



Finding Your Joy and Regaining Your **Purpose**


Missy McClain

Akron Children's Hospital

mmcclain@akronchildrens.org

Instagram & Pinterest [@followmissy](#)





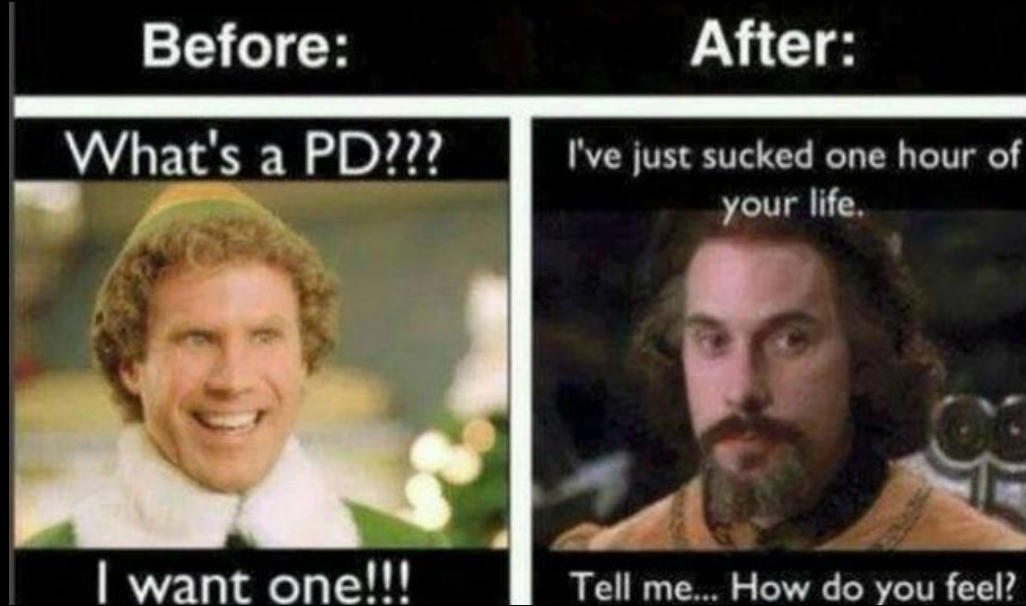
it's
okay
to feel
your
feelings

REALISTIC EXPECTATIONS





Enjoying your summer
and you see the first
back to school ad

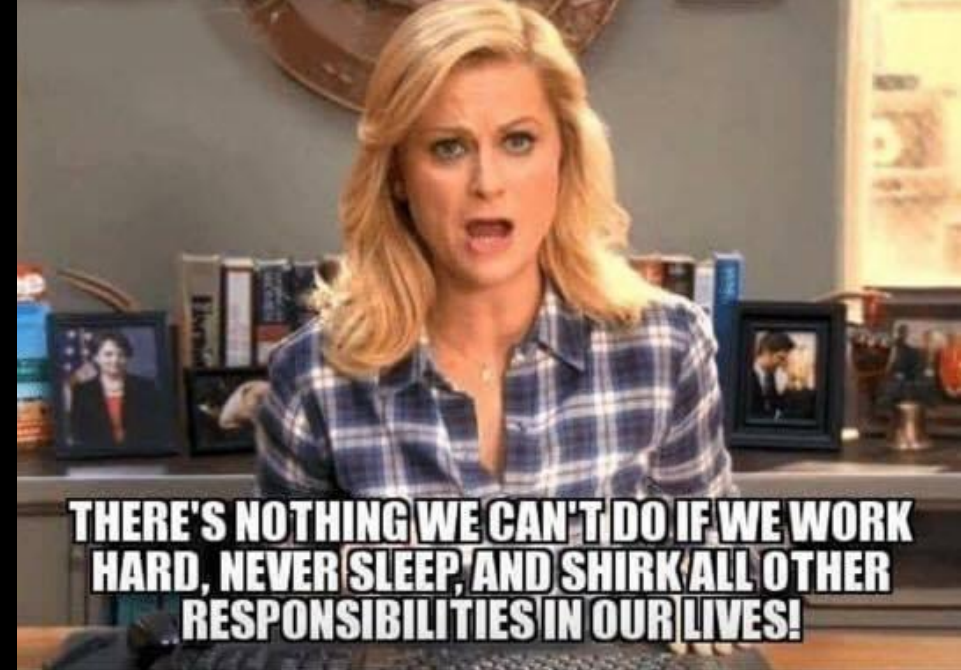


When you remember you go
back to school in 4 days:

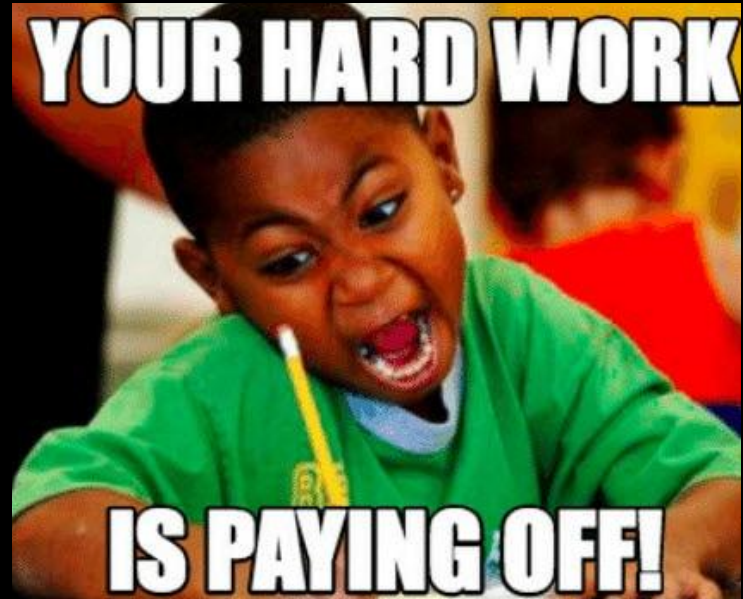


COUNSELORS

AFTER A 3-CRISIS FRIDAY



THERE'S NOTHING WE CAN'T DO IF WE WORK
HARD, NEVER SLEEP, AND SHIRK ALL OTHER
RESPONSIBILITIES IN OUR LIVES!



YOUR HARD WORK

IS PAYING OFF!



SIGH. THOSE
GUYS ARE SO
MUCH COOLER
THAN ME.



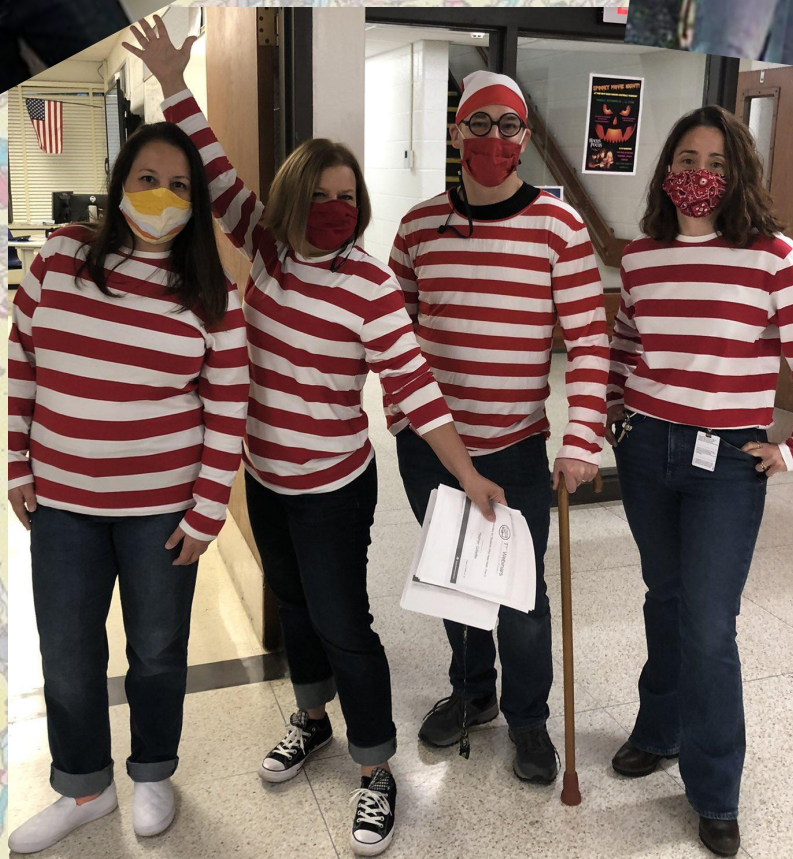




Hello RAB!



As a bit of fun, we
have hidden all the
teachers in the
picture.
Can you



remember
your
WHY





A woman with dark skin and short hair is wearing a purple headscarf with a black and white pattern. She is looking upwards with her mouth open in an 'O' shape. To her left, the back of a man's head and shoulder are visible; he is wearing a red shirt. The background features a white lace curtain with a heart and fleur-de-lis pattern, and a pink wall.

TREAT

peacock



actual waffle

**me, who really
loves waffles**

THE NOT-TO-DO LIST

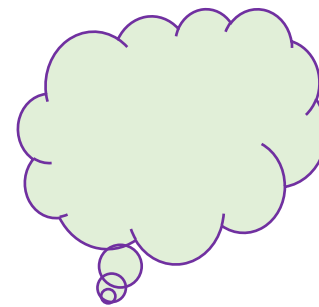
EVERYTHING ON MY PLATE

OTHER PEOPLES STUFF

OUT OF MY CONTROL

STUFF THAT DRAINS ME

STUFF THAT DOESN'T NEED TO GET DONE



LET'S TALK LABELS!



**FIRST WE'LL MAKE SNOW ANGELS
FOR 2 HOURS, THEN WE'LL GO ICE
SKATING, THEN WE'LL EAT A WHOLE**



**ROLL OF TOLLHOUSE COOKIE
DOUGH AS FAST AS WE CAN,
AND THEN WE'LL SNUGGLE**







A meme featuring a close-up of a man with glasses and a light blue shirt, looking directly at the camera with a serious, 'false' expression. In the background, another person in a blue shirt is blurred. The text 'IT'S NOT YOU, IT'S ME' is overlaid at the top, and 'FALSE. IT'S YOU' is overlaid at the bottom.

IT'S NOT YOU, IT'S ME

**FALSE.
IT'S YOU**

**i am
awesome.**

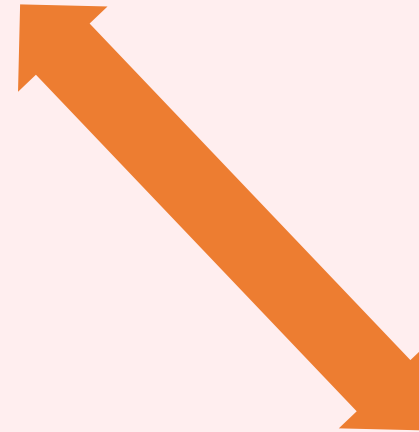
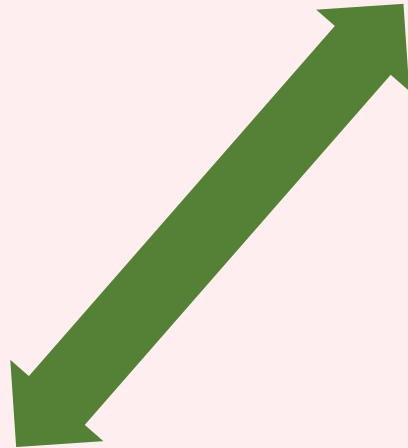


You Love It

Purpose

You Are
Great At It

The World
Needs It





TODAY

I will choose

JOY

Mollie



Finding Your Joy and Regaining Your **Purpose**

Missy McClain

Akron Children's Hospital

mmcclain@akronchildrens.org

Instagram & Pinterest [@followmissy](#)

OK I'M READY



LET'S DO THIS