

Jenna Schutt Launches The Joy Reflex™, a Faith-Based Framework Helping Women Train Peace Before Panic

The former cardiac nurse survived a rare bone marrow disease, chemotherapy, and a stem cell transplant, and now teaches women to lead with faith, not fear

LOS ANGELES, CA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- [Jenna Schutt](#), author, speaker, devotional writer, and creator of The Joy Reflex™, is helping Christian women break the cycle of panic, spiraling thoughts, and fear-driven reactions through her free resources, speaking and podcast appearances, and the writing of her forthcoming book.

Rather than relying on what Schutt calls “bumper-sticker faith”- simplistic phrases like “choose joy” or “have faith over fear” that can unintentionally minimize the reality of difficult emotions- The Joy Reflex™ teaches women how to intentionally train their hearts and minds to respond to fear, uncertainty, and adversity with biblical truth and faith.

“Fear may be a natural first feeling, but it does not have to become the response that leads us,” says Schutt. “The Joy Reflex is about training ourselves before the hard moment comes: returning to God’s Word, remembering what is true, and allowing faith to become our first response instead of our last resort.”

Schutt developed The Joy Reflex™ out of her own personal, lived experience navigating a life-altering, rare, incurable bone marrow disease diagnosis, IV chemotherapy, a stem cell transplant, motherhood, and seasons when circumstances were very different from what she had hoped or expected.

Her message is not that Christians should deny difficult facts or never experience fear.

Instead, Schutt teaches women to separate what is true about a circumstance from the fearful interpretation their minds may immediately attach to it.

“A hard circumstance can be real without it becoming our identity, and a frightening fact can be



true without being allowed to dictate what we believe will happen next," Schutt says. "We can acknowledge what is happening while still anchoring ourselves in what God says is true."

At the center of The Joy Reflex™ is Schutt's signature framework in which she teaches women to recognize what is real rather than suppressing or minimizing it, anchor themselves in the truth of God's Word, and then take the next faithful step instead of allowing fear, panic, or catastrophic, "what-if" thinking to determine what happens next.

The framework reflects Schutt's larger message of intentionally practicing faith, peace, and biblical truth so those responses become increasingly familiar when life becomes difficult.

"You don't rise to the moment; you fall back on what you've trained," Schutt says. "If we wait until the diagnosis, the financial crisis, the relationship struggle, or the unexpected phone call to figure out how to respond, fear can quickly take over. But we can train our response now."

The Joy Reflex™ also challenges a common misunderstanding surrounding joy.

For Schutt, joy is not pretending painful circumstances are good, forcing positive emotions, or denying fear, or trying to just "be happy".

"Joy is not the absence of hard things," she says. "It is learning where to turn in the middle of them. We are not training ourselves to ignore reality. We are training ourselves to return to God's truth before fear attempts to write the rest of the story."

Through her writing, speaking, podcast guesting, media appearances, and free resources, Schutt helps women apply these principles to everyday situations, including medical uncertainty, motherhood, relationships, financial pressure, unexpected change, waiting seasons, and the countless "what if" thoughts that can cause the mind to spiral.

Schutt also offers free access to The Joy Reflex™ Collective, a faith-centered newsletter and community providing practical encouragement, biblical teaching, and tools women can use to strengthen their response to fear and uncertainty.

Free resources include her Stop the Spiral Worksheet and her 7-Day Joy Reflex Guide, which are designed to help women begin putting these principles into practice.

"My goal is not to tell women that they should never feel afraid," Schutt says. "But to show them that fear does not have to lead."

About Jenna Schutt

Jenna Schutt is a former cardiac registered nurse, pastor's wife, homeschool mother, transplant survivor, author, speaker, podcast guest, and devotional writer. Drawing from her personal

experience navigating serious illness and some of life's most uncertain seasons, she created The Joy Reflex™ as a faith-based platform that encourages women to respond to fear and uncertainty with biblical truth, renewed thinking, and practical faith.

Her message centers on a simple principle: faith can become our first response, not the last resort.

To learn more about Jenna Schutt, The Joy Reflex™, speaking and podcast opportunities, or available resources, visit jennaschutt.com.

Jenna Schutt is available for interviews and can be contacted through her website.

Amanda Kent
Boundless Media USA
+1 313 403 5636
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/936122349>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.