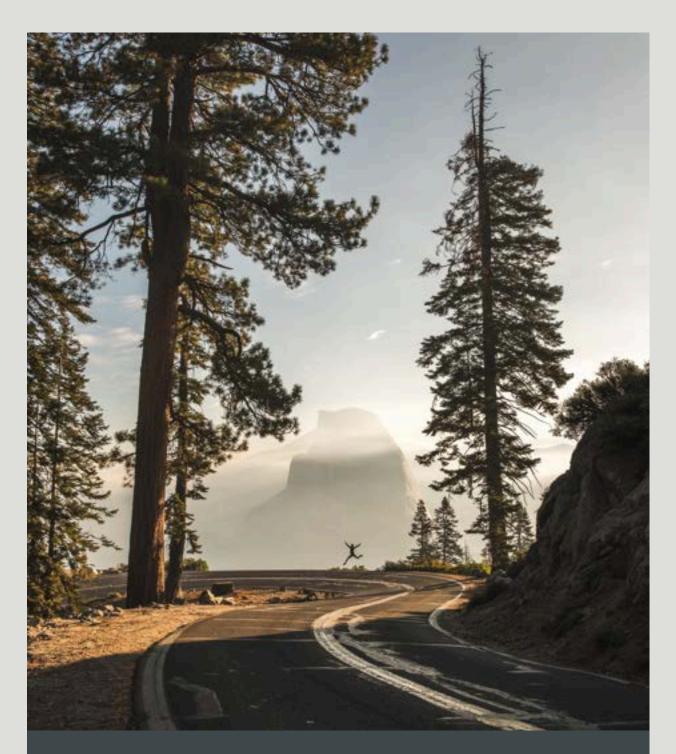
Give Thanks
Love one another
Be still

A WELL-BEING WORKBOOK

CREATED BY: JOANNE BLAIK

We were inspired by reading The Resilience Project book and journal by Hugh Van Cuylenburg.

His studies and understanding of the impact of Gratitude, Empathy and Mindfulness on wellbeing encouraged us to compile this resource for faith-based individuals and communities.



Welcome

Creating rhythms and routines takes time - something we all know! We could all use a little practice in regularly giving thanks, loving one another and being still. This little workbook is designed to help you put some good practices in place to develop healthy habits for an abundant life. Each day you will be asked to complete a task around one of these practices. We hope it helps you take better care of yourself and others!



Give thanks

1 Thessalonians 5:18a (NIV) - give thanks in all circumstances.

Gratefulness is an attitude of heart that allows us to be thankful in any situation and for all things.



Love one another

1 Peter 3:8 (GNT) - To conclude: you must all have the same attitude and the same feelings; love one another, and be kind and humble with one another.

Romans 12:15 (ESV) -Rejoice with those who rejoice, weep with those who weep.

Empathy is feeling with people; putting yourself in their shoes.



Bestill

Psalm 46:10 (ESV) "Be still, and know that I am God. Matthew 6:34 (NIV) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Being mindful is all about paying attention to the present moment, and not dwelling on the past or the future.



It is during our darkest moments that we must focus to see the light.

Aristotle



RHYTHMS TAKING STOCK



EVERYDAY RHYTHMS (DAILY DISCIPLINES AND CHRISTIAN DISCIPLINES) HELP US STAY CONNECTED TO GOD AND MOVING FORWARD. THERE ARE TIMES WHEN WE NEED TO TAKE STOCK OF OUR RHYTHMS AND SEE WHAT IS WORKING FOR US. TAKE SOME TIME TO TAKE STOCK OF THE RHYTHMS YOU HAVE IN YOUR LIFE. WRITE DOWN YOUR NORMAL RHYTHMS HERE.

MORNING RHYTHMS

	Think about your usual routine - exercise, chores, Quiet time etc
_	
_	
	EVENING RHYTHMS
	Think about your usual routine - exercise, chores, Quiet time etc
_	
_	
_	
_	
	REGULAR RHYTHMS
	These may not be everyday but things you do regularly to rest, recharge, connect or creat
_	
	IDEAC FOR CELE CARE
	IDEAS FOR SELF-CARE
	What are some ideas you have for taking care of yourself in difficult seasons?
_	
_	
_	
_	







What is the best thing that happened today?
What are the things that make you smile? What are the things that make you laugh out loud?
What are you looking forward to tomorrow?



From Anne of Green Gables by Lucy Maud Montgomery (and Lamentations 3:23!)





https://www.youtube.com/watch?v=KZBTYViDPIQ

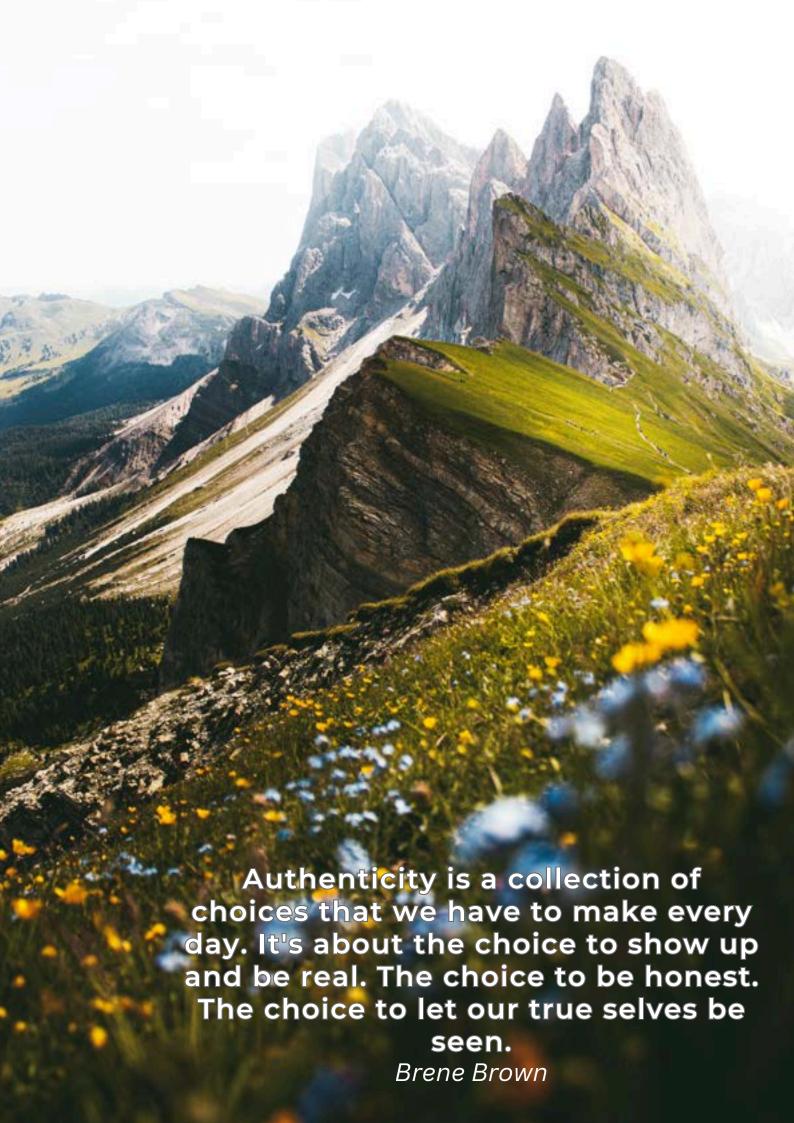
Take some time and watch the above video by Brene Brown. Understanding empathy and sympathy helps us to stand with others and love them well. Based on what you have watched answer the following questions.

What are the 4 qualities of empathy? (0.30)	

"Empathy is a vulnerable choice because in order to connect with you , I have to connect with something in me that knows that feeling." Brene Brown

Complete the following sentence and give an example of what not to say. 'Rarely does an empathic response begin with... (1:34)

j	Rarely can a response make something better. What makes something better is connection. Give 3 examples of an appropriate empathetic response.







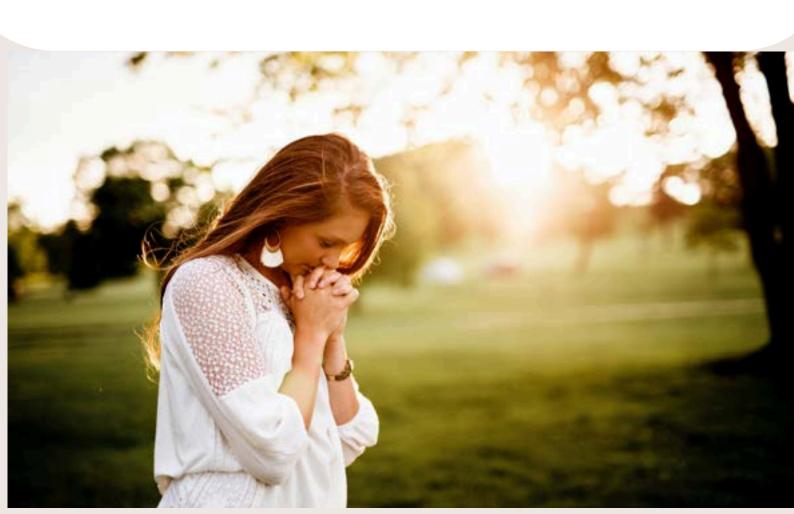
One of the ways to show our concern for others is to take to heart the things that are on their hearts and minds.

Think of someone you know who is in need.

Take some time and intercede for their needs. Ask the Lord for specific words that you can share with them to encourage them.

Write down what you felt the Lord shared with you.

RECORD WHAT YOU HAD A SENSE OF HERE





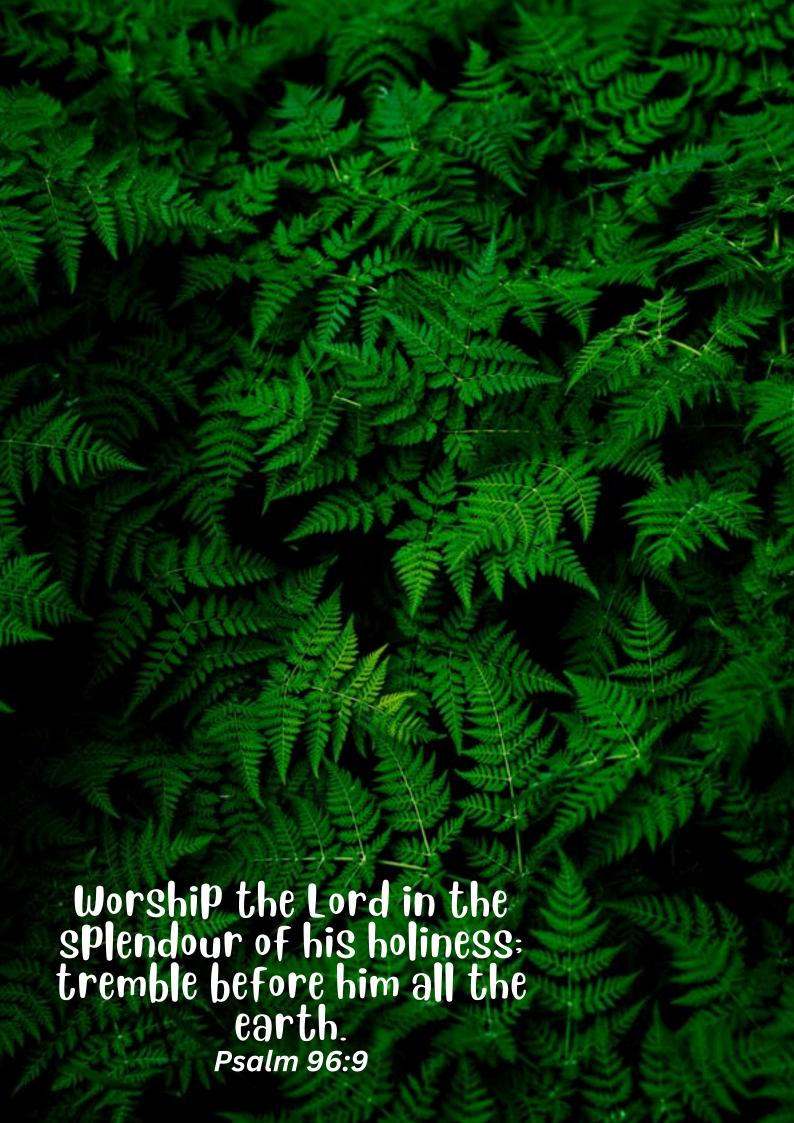
"VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY, COURAGE, EMPATHY, AND CREATIVITY. IT IS THE SOURCE OF HOPE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY. IF WE WANT GREATER CLARITY IN OUR PURPOSE OR DEEPER AND MORE MEANINGFUL SPIRITUAL LIVES, VULNERABILITY IS THE PATH.

Brene Brown



Today we want to take some time and be grateful for the small things. Consider your 5 senses in answering the following questions.

What are 3 of your favourite sights?
What are 3 of your favourite sounds?
What are 3 of your favourite smells?
What are 3 of your favourite tastes?
What are 3 things about your physical body that you are grateful for?



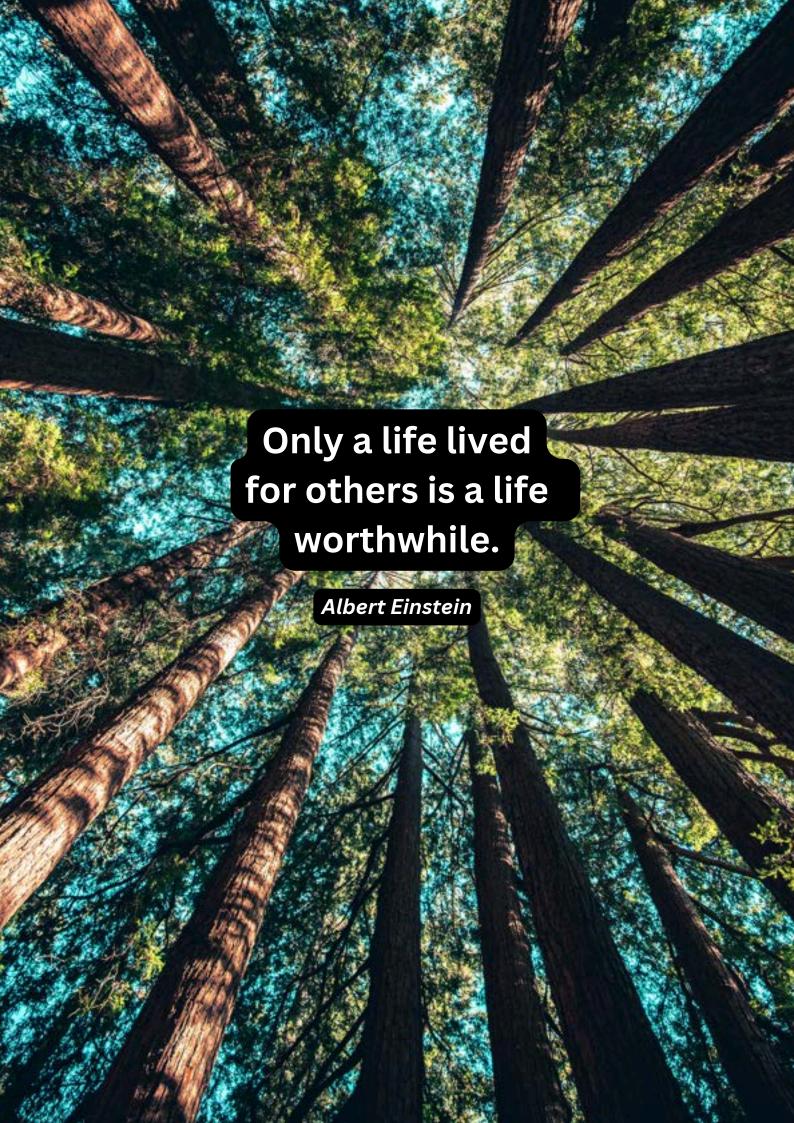
Day 6 MENTAL HEALTH



CHECKLIST

Keeping healthy habits helps keep our mental health in check. Go through the following checklist and add a \checkmark for the tasks you have managed to do today.

	Good sleep - 7 - 9 hours
	Good nutrition - healthy food
	Drink 2 litres of water
	Undertake physical activity or exercise
	Positive social interactions with others
	Complete tasks at work
	Read your Bible
	Spend time with God
What is so	omething that happened today that made you smile?





Take some time to think over the past year.

What is one thing you have now that you didn't have a year ago?

What has been your greatest success in the past 12 months?

Who has had the biggest impact on you in the past 12 months?



can any one of you by worrying add a single hour to your life?

'And why do you worry about clothes?
See how the flowers of the field grow.

They do not labour or spin.

They do not labour or spin. Matthew 6:27-28

Day 8



TIME TO PRAY

Take time to pray for your friends and family. Write down the things you prayed for here. Once you have finished, think of 2 people you want to encourage with what you prayed. Send them a message to encourage them.



Day 9 MAKING FRIENDS



Think of someone that you don't know very well. Spend some time with them (over a meal, after work, on the weekend) and find out about them. Find out about their family, friends, things they enjoy doing etc. Record what you found about them below.

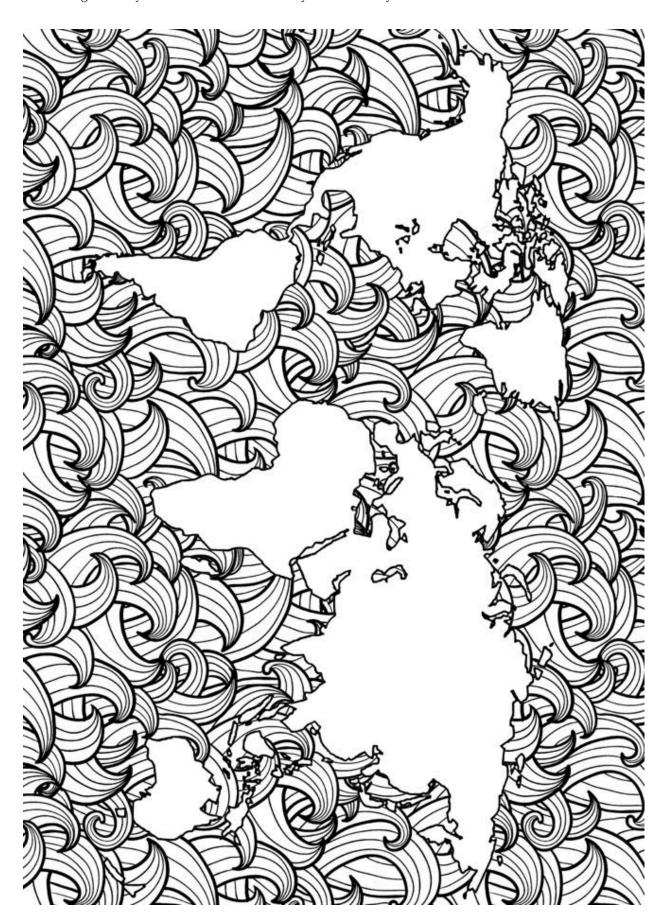
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DAY 10 Time out



Take some time to colour the attached. Taking time to slow down and concentrate on one thing allows your brain to rest and for you to be fully in the moment.









1 Thessalonians 5:18

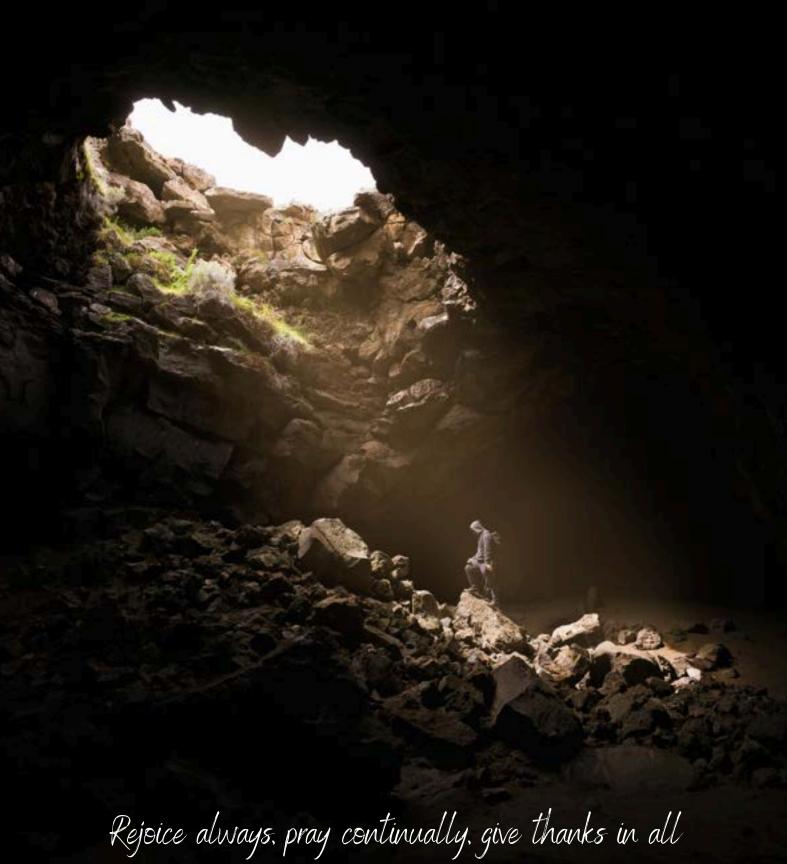
Give thanks in all circumstances.

For each of the following sections, write about something you are grateful for.

A struggle you have overcome

A hard time you have had to endure

What did you learn about God through the struggles and hardships?



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ

Tesus.

1 Thessalonians 5:16 - 18

DAY 12 Taking Action



There are often people in our midst who are in need of some help, love and compassion. Here is your opportunity to help someone out. Choose one of the following 4 options and bless someone today.

- Make a meal for someone in need.
- 2 Contribute to someone in financial need.
- Offer to take care of someone's children for an afternoon.
- Buy someone a coffee and deliver it to them.

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."

Helen Keller



DAY 13





Today take some time to stop and think about what you are grateful for. Complete each of the boxes writing about

A goal accomplished at work

A valuable lesson learned this week

Scriptures that have stood out to you lately

Who is someone who has impacted you recently

What are you grateful to God for?



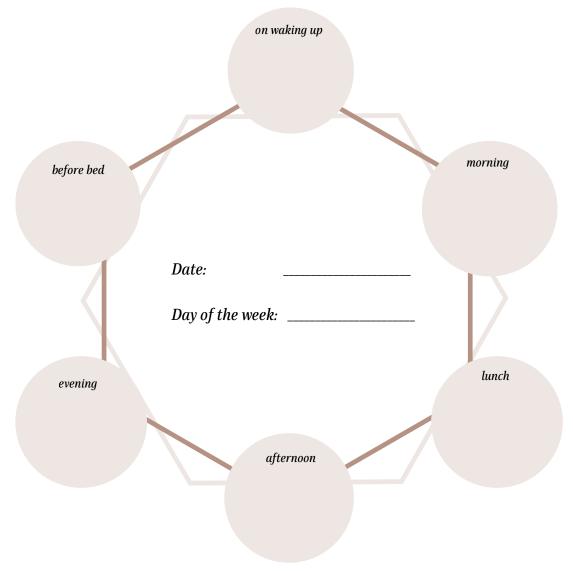
DAY 14



MOOD TRACKER

If we are aware of our moods and the things that impact us, it empowers us to make informed decisions about how to manage our stress or emotional triggers. It can also help us be aware of the physical, (sleep quality, nutrition, exercise, etc) emotional, (work stress, home stress, family concerns etc) and spiritual (quality time with God, Sabbath rest, etc) influences on our moods. Monitoring your moods can be helpful in identifying that trigger negative emotions. This gives you an opportunity to identify how you are feeling and help you manage your feelings and, hopefully, feel better faster.

For each circle - add an emoji or a word/phrase that defines how you were feeling at that time of the day.



Below, write down some of the things you identified that were impacting your moods at various times of the day:

Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.
By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.

Psalm 42:7-8 (NIV)

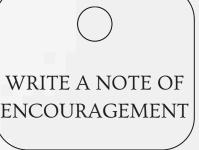


DAY 15 RANDOM ACTS OF KINDNESS





We all love to be blessed. Today, think of 5 people you can bless through random acts of kindness. Below are 9 suggestions. Take some time to pray for individuals you could bless. The best thing is you don't have to limit yourself to today! Think of how you could cultivate kindness into your everyday.









TREAT SOMEONE TO A CHOCOLATE

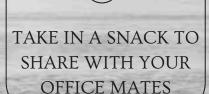
DO A HOUSEHOLD CHORE FOR A HOUSEMATE OR NEIGHBOUR

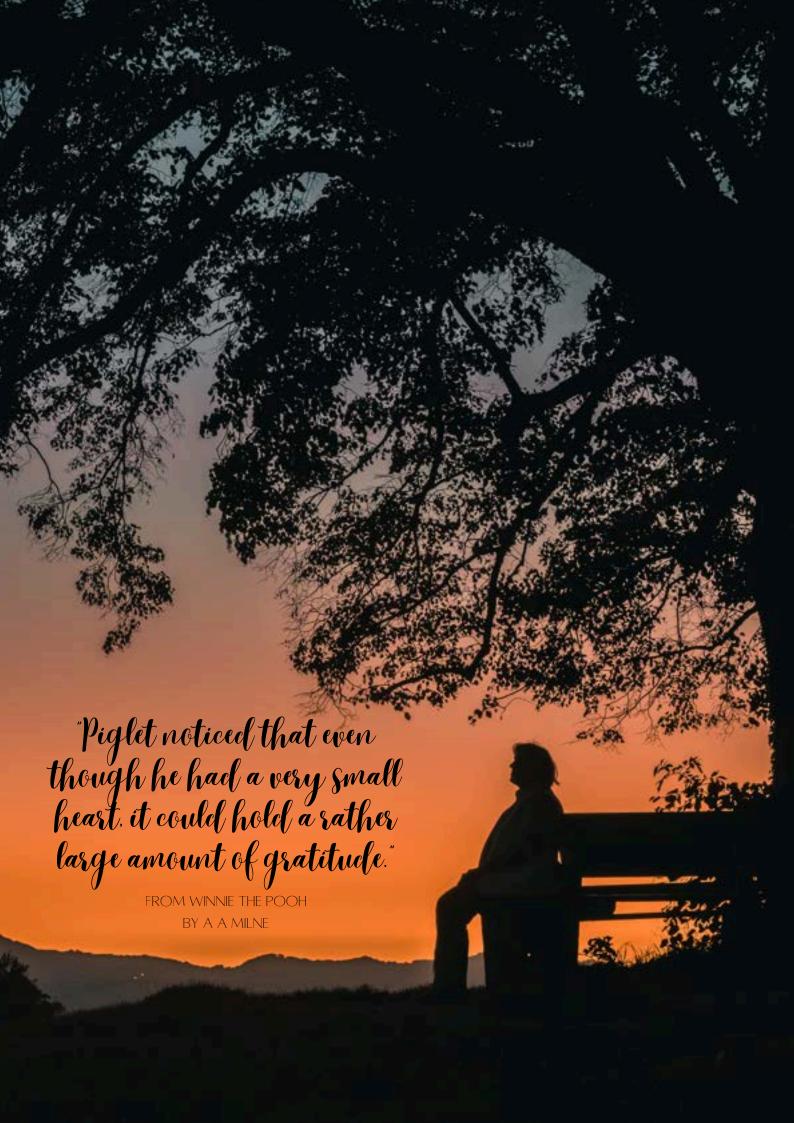




HOLD A DOOR
OPEN FOR
SOMEONE

BAKE A TREAT FOR
SOMEONE





Body, Soul and Spirit







Body

Soul

Spirit

We are temples of the Holy Spirit. As such, taking care of our body is an important part of our life.

Taking care of all 5 senses - sight, smell, hearing, taste and touch/movement helps us keep our physical being in check.

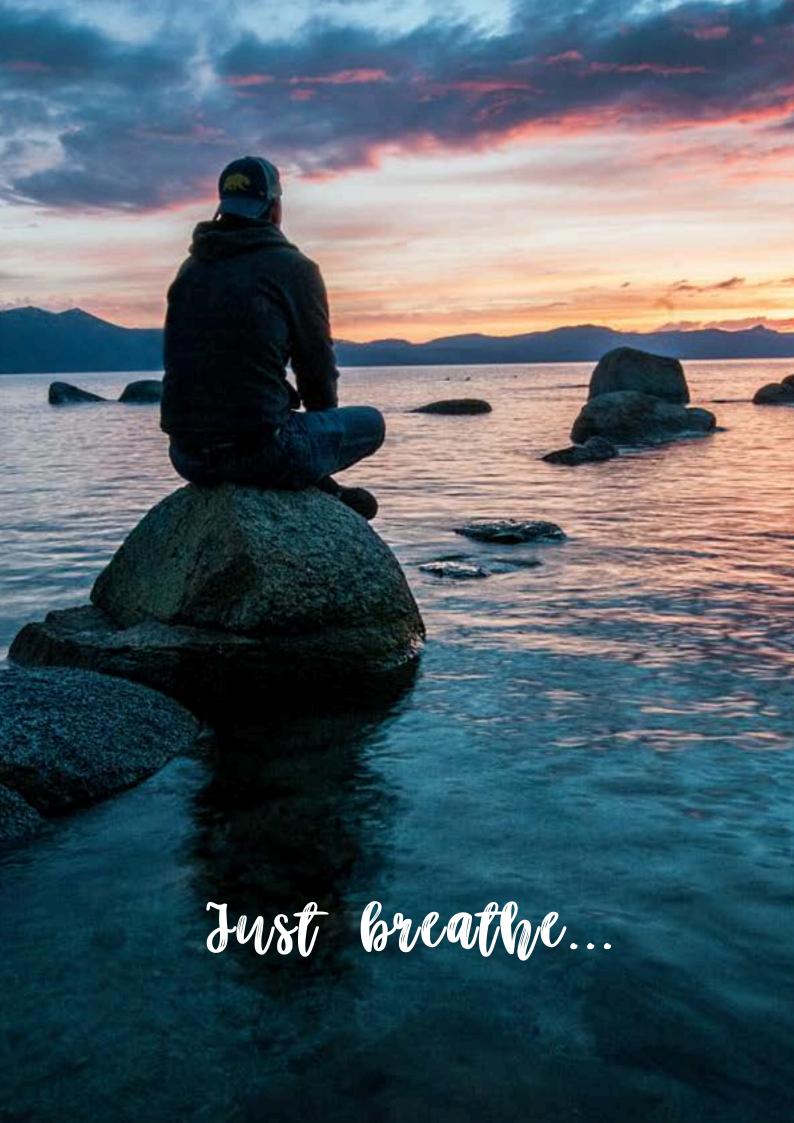
Part of this is good nutrition and exercise. Exercise is also a great way to relieve stress and tension.

Our soul is make up of Our spirit consists of 3 categories:

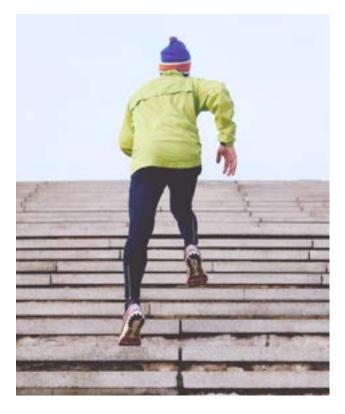
- 1.Mind incorporates aspects of our understanding imagination; reasoning, thought; logic and intellect.
- 2. Will about our determination: incorporates decision; choice, intent; purpose and desire.
- 3. Emotions stimulated by our 5 senses and covers the whole spectrum of emotions.

3 main aspects:

- 1. Intuition/knowledge - knowing that does not come from rational or deductive reasoning. We understand with our minds, but we know in our spirit.
- 2. Conscience/ witness - not the voice of God, but God speaks to our conscience. Also the ability to 'see' general moral truths such as honesty and faithfulness.
- 3. Communion/ communication worship or communication with God. We communicate to God spirit to spirit, but we also communicate to others in the same way.







TAKING CARE OF THE BODY

Take some time and go for a walk. As you do, pay attention to what is around you. Ignite all your senses – physical sensations, sounds, smells etc.

- Pay attention to your muscles as you move do you have any areas of tension?
- Are there people around, what are they up to?
- What can you smell?
- What are the sounds you are aware of?

Take deep breaths and be aware of all that is happening around you.

Write a few notes of what you experienced:					

"Promise me you'll remember: you are braver than you believe, stronger than you seem, smarter than you think."

- WINNIE THE POUR BY A.A. MILNE





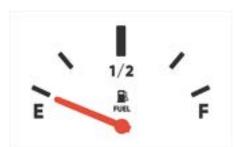


A soul check -up

Think of the 3 aspects of your soul mind, will and emotions as fuel/gas gauges. How are you doing in each area? Are you running on empty or brimming over?

For each of the areas, redraw the mark where you think you are up to. Are there some aspects that you need to work on?

<u>Mind</u>



Will



Emotions



Understanding

Think about how you are doing in regard to your thought life? Are you taking every thought captive? Are you making sound judgements?
Are you developing your understanding through reading etc?

<u>Determination</u>

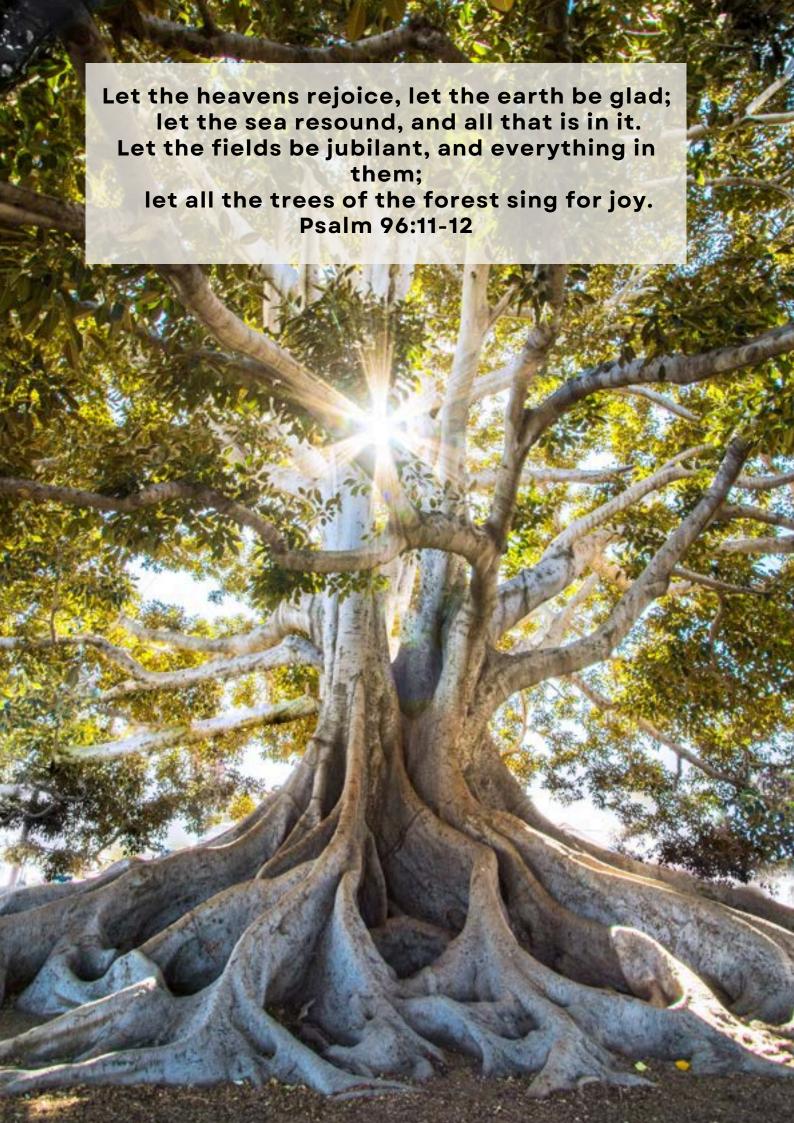
Think about areas of

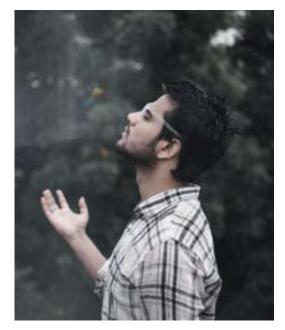
determination.

Are you at making good choices? Do you allow your feelings to dictate your choices, or are they in submission to your will? Are you pursuing self-care or self-comfort [false comforts]?

Emotions

Think about your
emotional well-being. How
are you doing
emotionally? Are you able
to regulate your emotions?
Are you aware of others'
emotions and are you able
to empathise?
Are there any
circumstances that are
currently affecting your
emotions?







Spirit to spirit communication:

The Power of Physical Touch

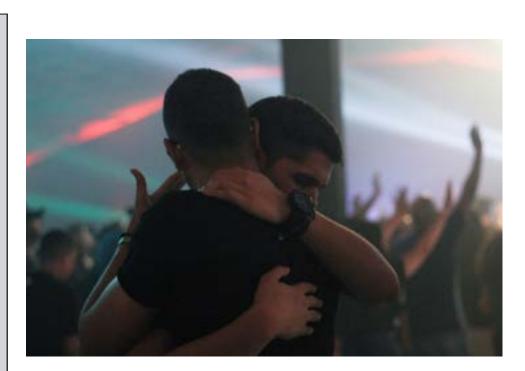
When we are with people we know well and love, we can often be together without having to say anything. It is the power of connection.

Sadly, during difficult times, we can disconnect ourselves and isolate in order to feel secure and we can lose that power of connection.

Sometimes, it is the simplest thing - a hug, a pat on the back or a high five - that can bring the reassurance that we are not alone.

Today, exercise the power of touch to bless someone else. Think about the people around you. Go to someone and let them know that you were thinking of them and give them a hug, pat on the back or high five.

Who did you connect with? What was their response?







Breath Prayers

Watch the following YouTube video:

https://www.youtube.com/watch?v=-GeVf1XQOPg

Jonathan David Helser describes a Breath Prayer. Breath prayers follow the rhythm of your breathing. They are a combination of meditation and prayer. Below are some examples of breath prayers. This type of prayer allows us to concentrate on our breathing and focus on one thing. Breathe slowly and deeply and focus your mind on the Lord. Then slowly inhale saying in your mind the first line, and then exhale slowly saying in your mind the second line.

Breath Prayer 1

Breathe in saying a name of God and exhale a praise.

Inhale:

Alba.

Exhale:

I belong to you.

Breath Prayer 2

Breathe in saying a name of God and exhale a petition.

Inhale:

Holy Spirit,

Exhale:

Fillme.

Breath Prayer 3

Inhale:

Your grace God,

Exhale:

Is enough for me.

Breath Prayer 4

Inhale:

Lamb of God,

Exhale:

You are holy.

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:30-32





Reflection Page

Take some time and think about	what you have been	ı learning through th	is workbook.	Write down
what you are grateful for here.				



DAY 21 THANK YOU



Take some time and draft of a note to give to someone who has helped you through a really tough time. Express your gratitude for what they have done for you and how their actions impacted your life. Be sure to write it up and send/pass it on to the person.

DRAFT YOUR NOTE HERE:

