

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 WELL-BEING
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.



Be still

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

Getting started

SMART GOALS

This workbook is 21 days. You will have an opportunity to put into practice activities around gratitude, empathy and mindfulness. Take some time and pray about what you would like to accomplish during the next 21 days. Write one goal you would like to achieve in the next 21 days. Then answer the questions in the table to help you make your goal into a SMART GOAL.

WHAT IS YOUR GOAL FOR THE NEXT 21 DAYS?

S	<p><u>SPECIFIC</u></p> <p>CONSIDERING YOUR GOAL ABOVE - HOW CAN YOU MAKE IT SPECIFIC?</p>	
M	<p><u>MEASURABLE</u></p> <p>CONSIDERING YOUR GOAL ABOVE - HOW WILL YOU KNOW YOU HAVE ACCOMPLISHED IT?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>CONSIDERING YOUR GOAL ABOVE, HOW CAN YOU REALISTICALLY ACHIEVE IT?</p>	
R	<p><u>RELEVANT</u></p> <p>CONSIDERING YOUR GOAL ABOVE, HOW WILL THIS HELP YOU? HOW CAN YOU MAKE IT RELEVANT TO YOU NOW?</p>	
T	<p><u>TIME BOUND</u></p> <p>CONSIDERING YOUR GOAL ABOVE, WHAT IS THE TIME FRAME YOU WANT TO ACCOMPLISH THIS GOAL BY?</p>	





DAY 1

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

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

EVENING RHYTHMS

Think about your usual routine - exercise, chores, Quiet time etc

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

REGULAR RHYTHMS

These may not be everyday but things you do regularly to rest, recharge, connect or create.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

IDEAS FOR SELF-CARE

What are some ideas you have for taking care of yourself in difficult seasons?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



*"Come with me to a quiet
place and get some rest."*

Mark 6:31b (NIV)

DAY 2

Thankful



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?

A person's silhouette is visible in the bottom left corner, looking up at a vast, starry night sky. The sky is filled with numerous stars of varying brightness, and a faint meteor streak is visible on the left side. The overall scene is dark and atmospheric, with the person's silhouette providing a sense of scale and contemplation.

*Tomorrow is
always fresh,
with no
mistakes in it.*

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



DAY 3



Empathy vs Sympathy

<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.

1

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

2

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

.....

.....

.....

3

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

.....

.....

.....

.....



Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.

Brene Brown

DAY 4

One another



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



DAY 5

Gratitude

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?

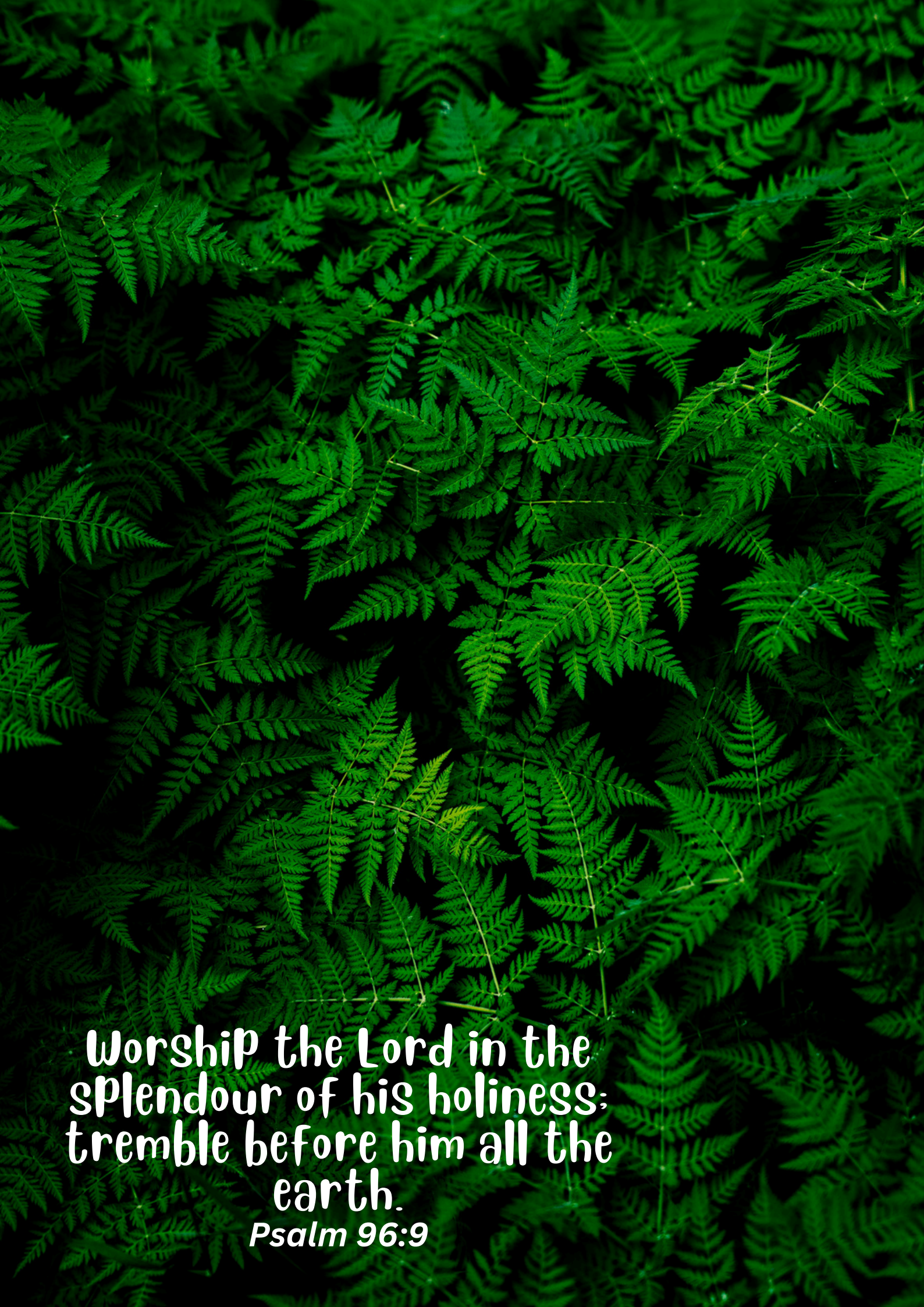
:

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?



Worship the Lord in the
splendour of his holiness;
tremble before him all the
earth.

Psalm 96:9

Day 6




MENTAL HEALTH

CHECKLIST

Keeping healthy habits helps keep our mental health in check. Go through the following checklist and add a ✓ 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 something that happened today that made you smile?



**Only a life lived
for others is a life
worthwhile.**

Albert Einstein



Day 7

Reflection

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.

Matthew 6:27-28





Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Philippians 4: 8 (NIV)

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.

notes

A series of horizontal dotted lines for writing notes, arranged in a vertical column on a white background.



*And over all these virtues put
on love, which binds them all
together in perfect unity.*

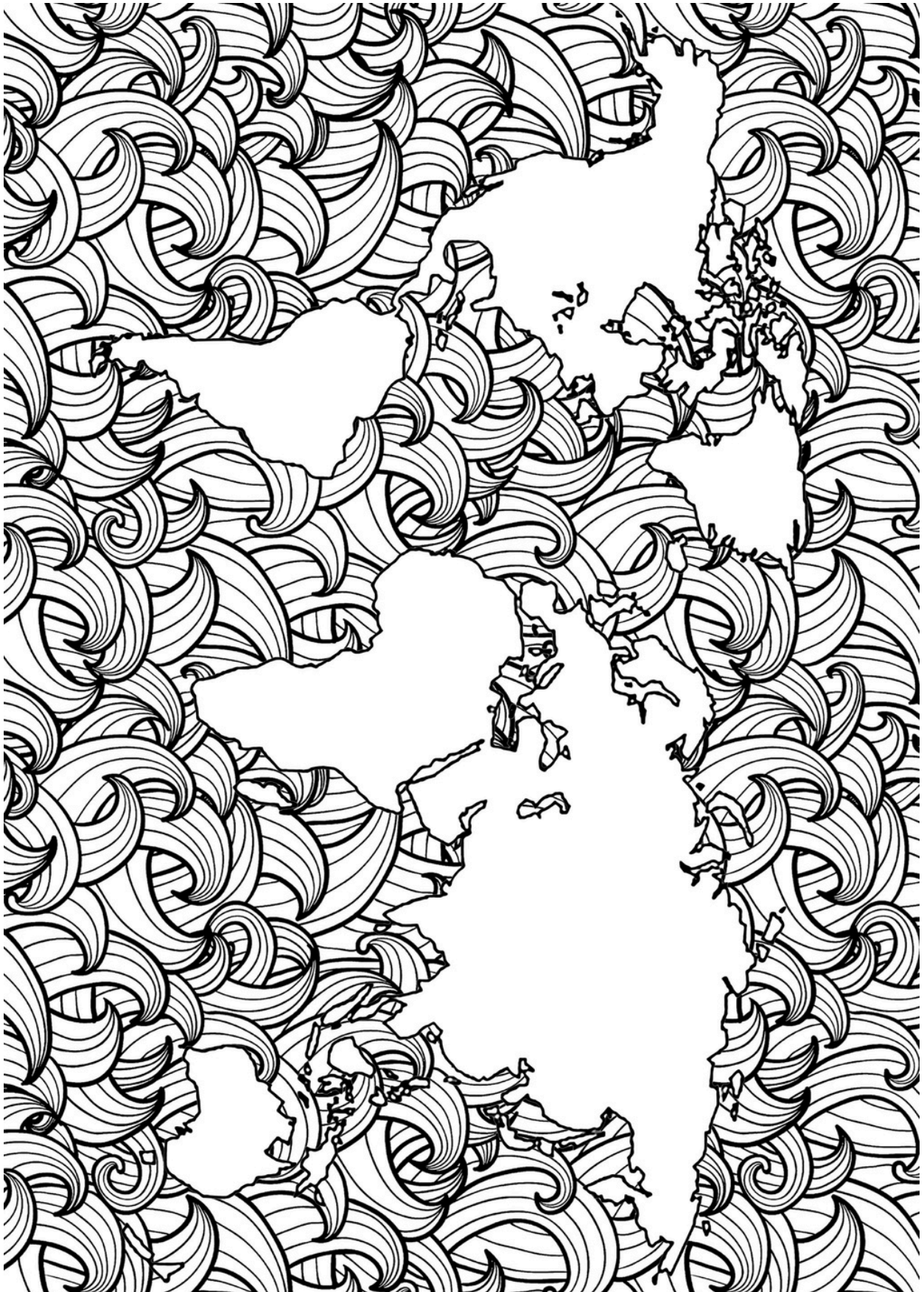
Colossians 3:14

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.





**All your dreams can come
true if you have the
courage to pursue them.**

Walt Disney

DAY 11

Giving Thanks



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
Jesus.*

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.

- 1 Make a meal for someone in need.
- 2 Contribute to someone in financial need.
- 3 Offer to take care of someone's children for an afternoon.
- 4 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



Gratefulness

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?

• GRATEFUL •

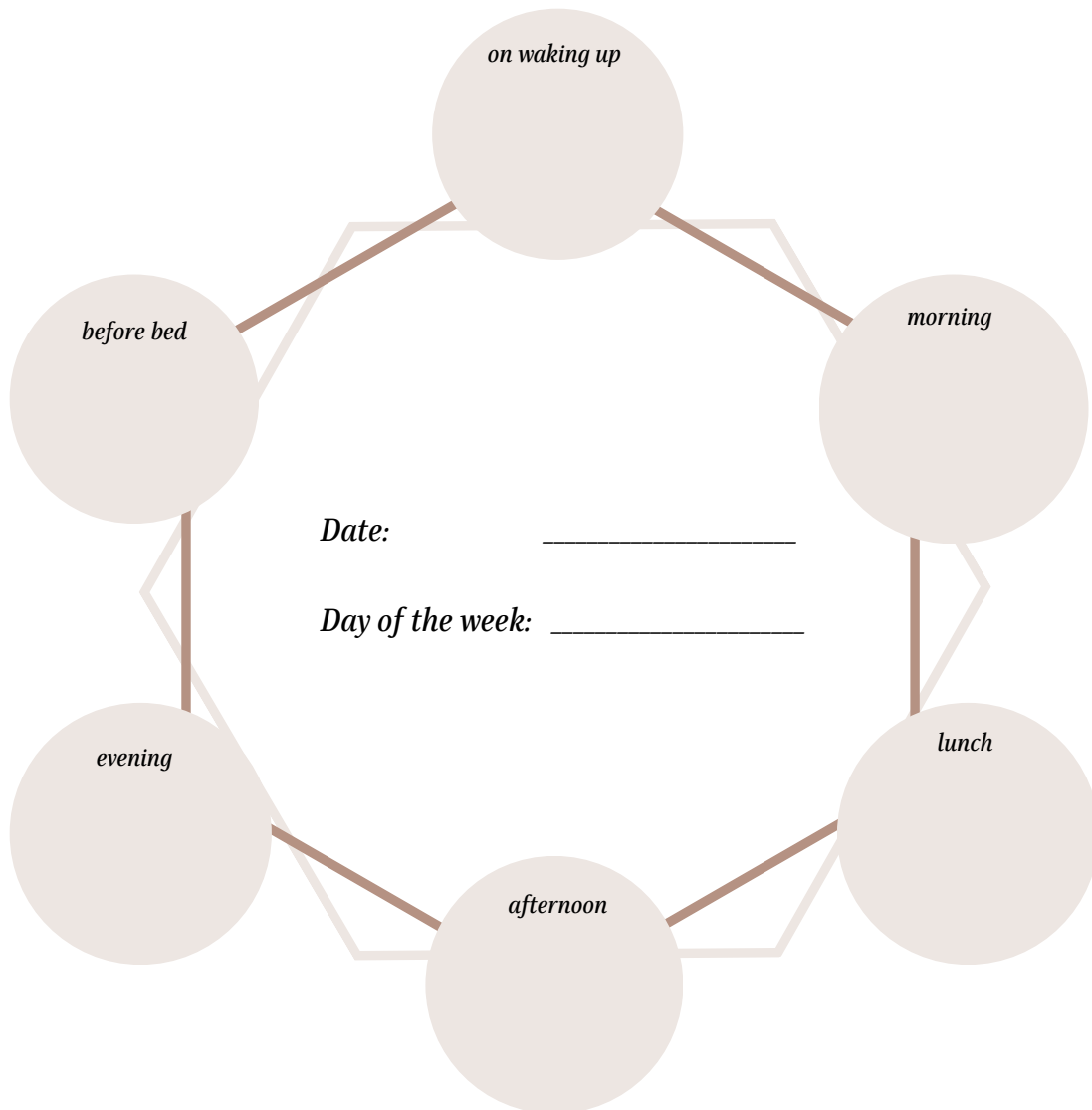
DAY 14



MOOD TRACKER

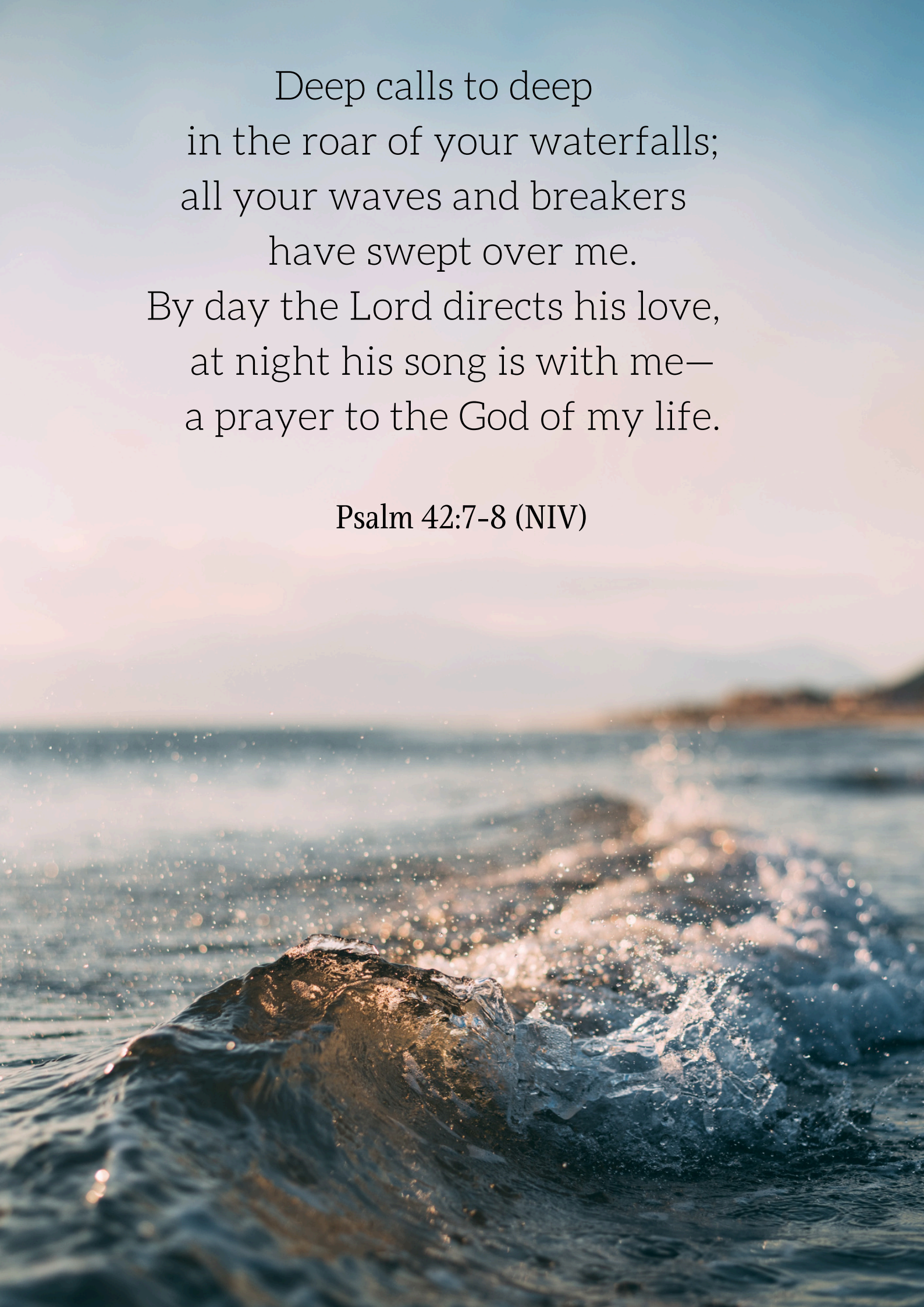
If we are aware of our moods and the things that impact us, it empowers us to make informed decisions about how to manage our stress or emotional triggers. It can also help us be aware of the physical, (sleep quality, nutrition, exercise, etc) emotional, (work stress, home stress, family concerns etc) and spiritual (quality time with God, Sabbath rest, etc) influences on our moods. Monitoring your moods can be helpful in identifying things 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:

Blank area for writing down mood impacts.



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.

WRITE A NOTE OF ENCOURAGEMENT

MAKE SOMEONE A CUPPA!

PRAY FOR SOMEONE

GIVE SOMEONE A SMALL GIFT

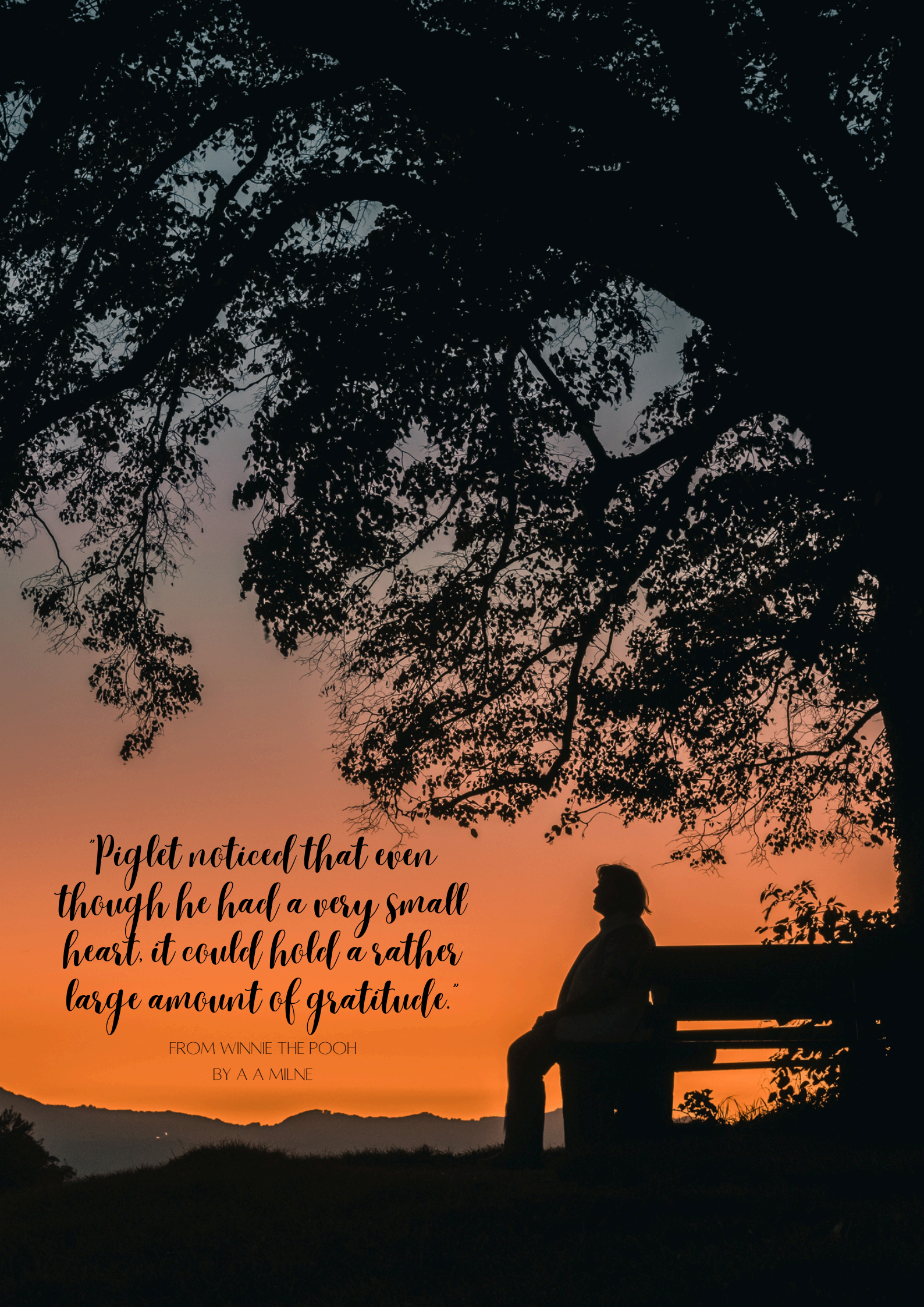
TREAT SOMEONE TO A CHOCOLATE

DO A HOUSEHOLD CHORE FOR A HOUSEMATE OR NEIGHBOUR

HOLD A DOOR OPEN FOR SOMEONE

BAKE A TREAT FOR SOMEONE

TAKE IN A SNACK TO SHARE WITH YOUR OFFICE MATES

A silhouette of a person sitting on a bench under a large tree at sunset. The person is facing right, looking out over a landscape. The sky is a warm orange color, and the tree's branches are dark against the light. The person is sitting on a wooden bench. The background shows a silhouette of a person sitting on a bench, looking out over a landscape. The sky is a warm orange color, and the tree's branches are dark against the light. The person is sitting on a wooden bench. The background shows a silhouette of a person sitting on a bench, looking out over a landscape. The sky is a warm orange color, and the tree's branches are dark against the light. The person is sitting on a wooden bench.

"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."

FROM WINNIE THE POOH

BY A. A. MILNE

Body, Soul and Spirit



Body

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.



Soul

Our soul is made up 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.



Spirit

Our spirit consists of 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.



Just breathe...

DAY 16



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 POOH BY A.A. MILNE



DAY 17

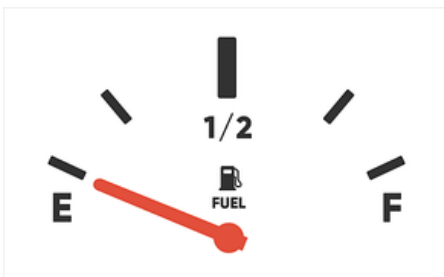


A soul check-up

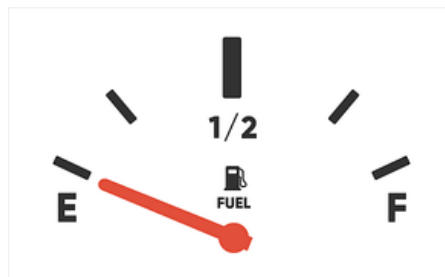
Think of the 3 aspects of your soul – mind, will and emotions as fuel/gas gauges. How are you doing in each area? Are you running on empty or brimming over?

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?

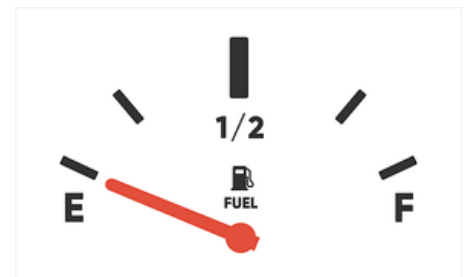
Mind



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?

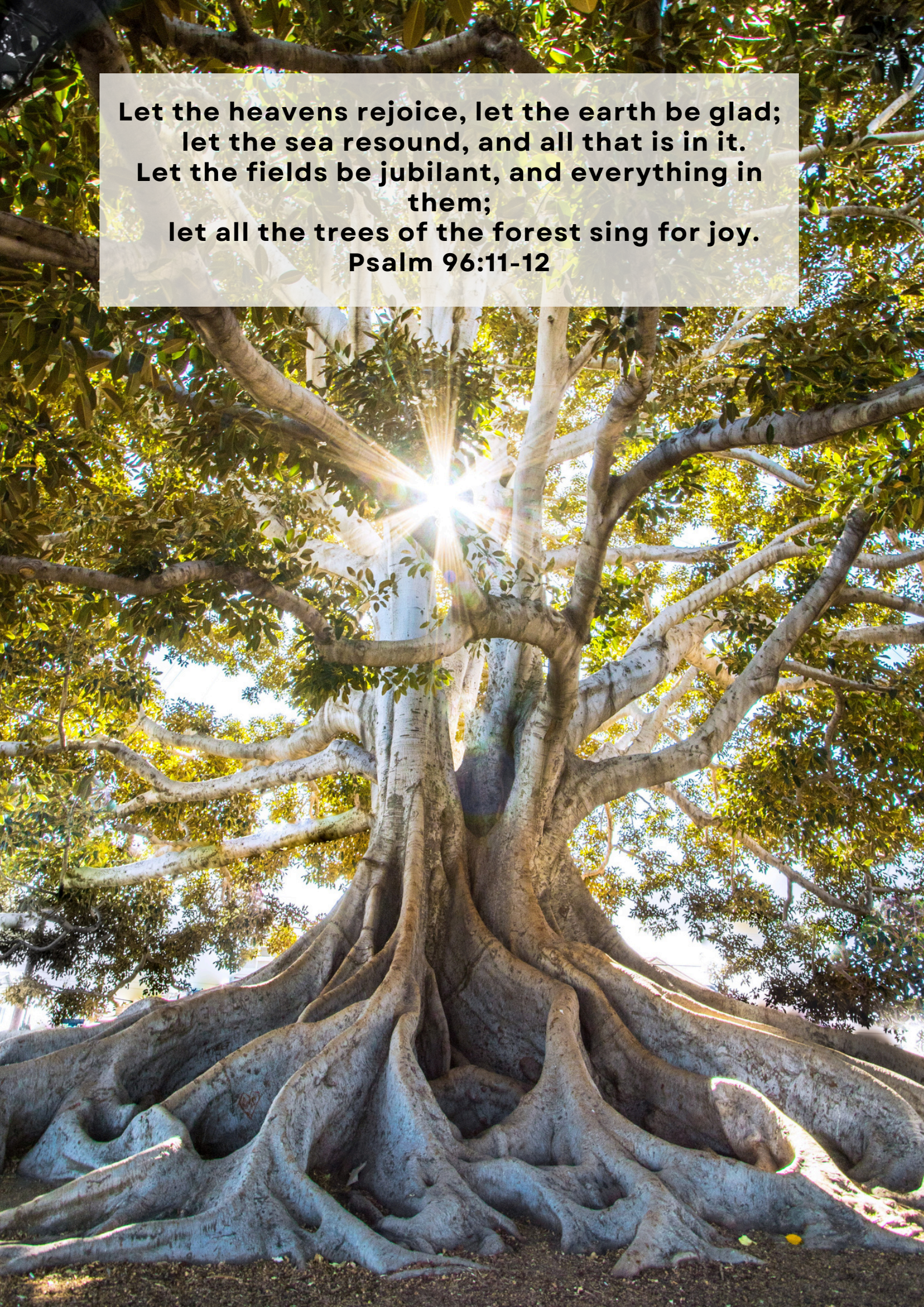
Determination

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?

**Let the heavens rejoice, let the earth be glad;
let the sea resound, and all that is in it.
Let the fields be jubilant, and everything in
them;
let all the trees of the forest sing for joy.
Psalm 96:11-12**



DAY 18



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?**





**When we honestly ask ourselves
which person in our lives means
the most to us, we often find
that it is those who, instead of
giving advice, solutions, or cures,
have chosen rather to share our
pain and touch our wounds with
a warm and tender hand.**

Henri Nouwen



DAY 19

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:

Abba,

Exhale:

I belong to you.

Breath Prayer 2

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

Inhale:

Holy Spirit,

Exhale:

Fill me.

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 learning through this workbook. Write down what you are grateful for here.

A large, empty rectangular area with a light beige background, intended for writing reflections.



There is always a
reason to look up!

A D Posey

