

Wellbeing

True, fulfilling self-care starts and ends with God. Self-care with God often draws us back to him. He is the one that brings true fulfilment and peace.

Below are some bible passages about how God cares, looks after us and how important our well-being is.

Our connection and relationship with God is the source of ultimate refreshment:

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” – Jeremiah 17:7-8 NIV

God and Jesus show concern and compassion for our well-being – that includes spiritually, physically, mentally and emotionally:

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’ So they went away by themselves in a boat to a solitary place.” – Mark 6:31-32 NIV

“Jesus called his disciples to him and said, ‘I have compassion for these people; they have already been with me three days and have nothing to eat. I do not want to send them away hungry, or they may collapse on the way.’” – Matthew 15:32 NIV

Jesus prioritized his “self-care” time alone in prayer:

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” – Mark 1:35 NIV

Our bodies are temples for the Holy Spirit. They are sacred and valuable:

“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst? If anyone destroys God’s temple, God will destroy that person; for God’s temple is sacred, and you together are that temple.” – 1 Corinthians 3:16-17 NIV

Cultivating a gentle and quiet spirit is of great worth:

“Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.” – 1 Peter 3:4 NIV

Renewing our minds and thinking of good things that come from above is part of our wellness and how we better tune in to God’s will:

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test what God’s will is: his good, pleasing and perfect will.” – Romans 12:2 NIV

Health and wellness of the body and soul is noted in the Bible from one disciple to another:

“Finally, brothers and sisters, 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

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” – 3 John 1:2 NIV

Self-care is not an indulgence or a trend.

It is okay to prioritise your self care

When learning how best to care for others, the way we care for ourselves is of huge importance.

Research has shown that how we relate to ourselves, talk to ourselves can have a major influence on our well-being. Being kind to ourselves improves our immune system, reduces levels of stress hormones and settles our inner world.

Things to think about in the future and to help you know yourself better:

1. What challenges might be ahead?
2. What support might I need?
3. What might I struggle with?
4. Who are the people in my life that make me the happiest?
5. When am I the happiest version of me?
6. What do I love doing?
7. Can I improve or change any daily habits?
8. What makes me upset?
9. How can I add to my happiness?
10. What are 5 things I love about myself?
11. What are three negative mindsets that I need to work on or let go of?
12. How can I love myself more daily?

These questions are not to worry yourself but be aware of how you are feeling and looking at possible areas to be aware of. If we know what some of our challenges may be then we can look to others and support to help us through these times. It may be a good idea to talk with and answer these questions with friends online. They may be able to help you and be with you through this period of physical distancing.

Sit in front of a mirror and speak these verses to yourself:

- | | |
|------------------|------------------------------------------------------------------------------|
| Phillipians 4:13 | - I can do all things through Christ who strengthens me |
| Colossians 2:10 | - I am complete in Christ |
| Romans 8:35-39 | - I cannot be separated from the love of God |
| 2 Timothy 1:7 | - I have not been given a spirit of fear, but of power love and a sound mind |
| Phillipians 4:13 | - I can do all things through Christ who strengthens me |

If today seems overwhelming or hard then:

- Focus on the next 24 hours
- Make a to-do list for today
- Add in self care
- Don't be too hard on yourself.

End of the day reflection

How have you have felt today and maybe what can you change tomorrow or remember to do.

- What were three positive things from today?
- What did not go so well?
- Have I told God about my day and spent time with him?

Types of self-care



PHYSICAL

Sleep
Stretching
Walking
Healthy food
Rest
Hydration
Mind



EMOTIONAL

Stress management
Forgiveness
Compassion
Kindness
Understanding
emotions



SOCIAL

Boundaries
Positive social media
Communication
Time together (online)
Ask for help



PERSONAL

Hobbies
Knowing yourself
Personal identity
Honouring your
true self



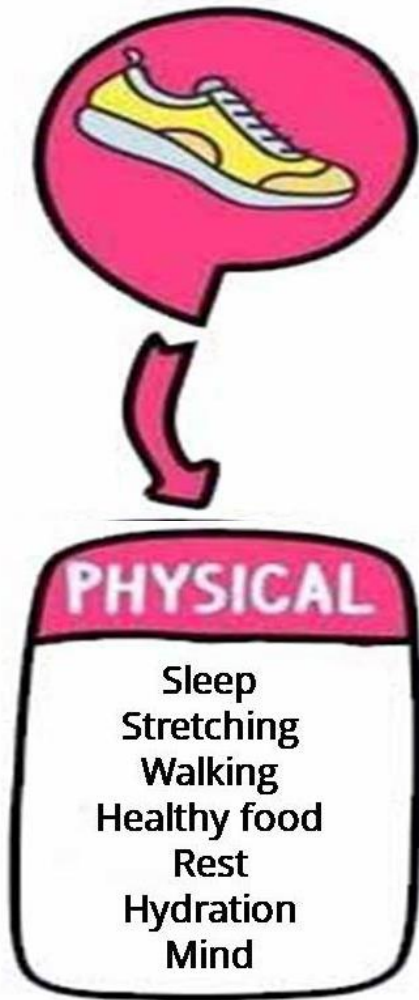
SPACE

Healthy living
environment
Organised space
Relaxation space



SPIRITUAL

Time alone
Meditation
Bible studies
Journaling
Special space
Prayer time
Listen to worship
music



Exercise in the house

- Watch a YouTube exercise
- Stretching
- Dancing tutorial
- Have a daily or weekly routine
- Why not have a friend do the work out with you over skype.

Keeping your mind active

- Learn something new each day
- Do a puzzle
- Word games
- Quiz
- Read a book
- Ted talks (free online short speeches, lessons) 3300+ talks to stir your curiosity (<https://www.ted.com/talks>)
- Free online lessons or tutorials.

Healthy diet

- Try new recipes
- Bake a cake
- Make jams or preserves
- Cook meals for people (food parcels).

Sit outside or look out a window

- Notice the sun, clouds, weather.
- Breath in some fresh air
- Watch people passing

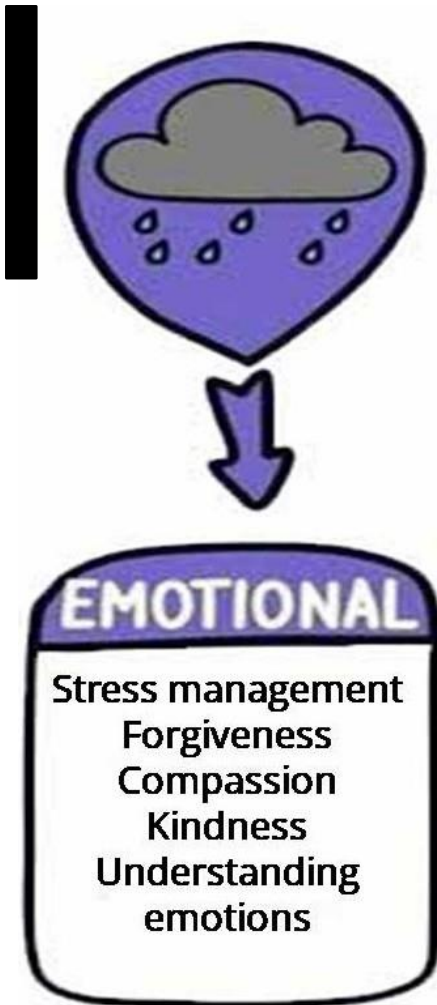
Sleeping pattern

- It is important to keep to a sleeping pattern as best as possible. Because if every day we go to sleep at a different time it can make us feel a bit lost or unstable.
- Naps can help to make us feel energised again however taking too many naps or for too long in the day can also hinder our normal sleep.

If you are struggling to sleep you could

- Do some stretches to release any stress from your muscles. Practice deep breathing to relax yourself.
- Spend some time with God reading his word or meditating.
- Listen to an audio book
- Too much on your mind? Then you could write down your feelings or tasks that you need to remember or get of your mind.
- The temperature of the room can make you restless. Do you need to open the window to make it colder or turn on the heating?
- Having your phone or laptop on can hinder your ability to feel tired and keep you awake so make sure they are turned off.

How to be more aware of what you are feeling

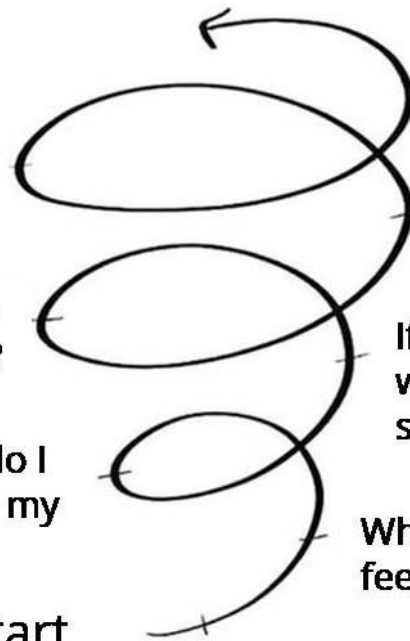


What tiny step
can I take to
meet my
need?

What might this
be teaching me?

Where do I
feel it in my
body?

Start
here



What do I
need right
now?

If it could talk
what would it
say?

What am I
feeling?

Feeling a
little off?

Talking though with friends how you have been feeling can help to gain clarity or feel support through these times.

I'm feeling...

Then I'll...

Overwhelmed

Go for a walk, sit in a different room or look out the window.

Sad

Allow yourself to feel the emotions, then plan one step to help yourself feel happier today.

Grief

Create a new ritual or activity

Anxious

Take some deep breaths and stretch.

Lonely

Call someone, Skype, email. Think of some activities to do with friends online.

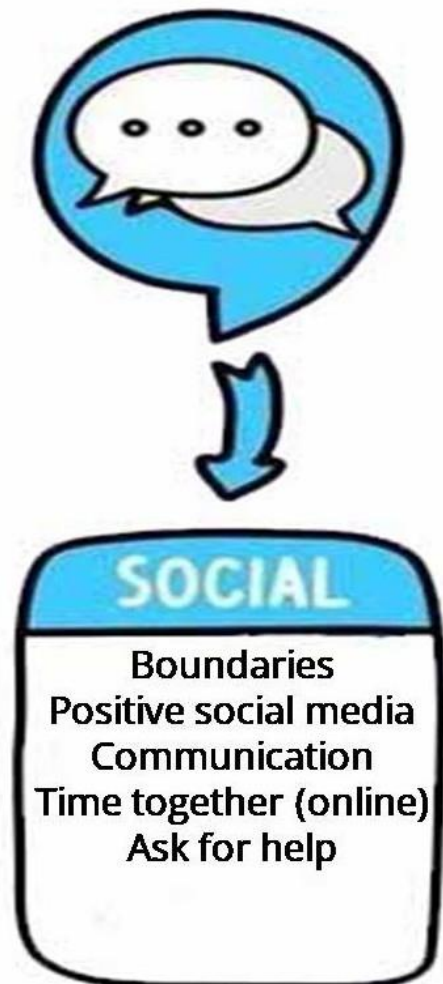
Frustrated

Practice some silent mindfulness.

Inadequate

Remind yourself of your strengths. Look at the bible at how God sees us.

If you know of other emotions that you feel often, then add or change the list to evolve different activities. Personalise it so that it works for you.



Social media and news

- Too much social media or reading of the news can become stressful and is not always helpful. Try to limit the number of times it is used in the day.

Keep in touch with people

- Call, Skype or contact friends and family members. If you think they are struggling then pray for them and keep in contact more. If you feel they could do with some extra help or support then maybe ask another friend or family member or see if St Michael's can help.

- Ways to keep in touch online (FREE)

1. Skype
 2. Whatsapp
 3. Facebook
 4. Google Meet
- (there are others)

Activities to do with people online:

- Quiz
- Games over the internet
- Karaoke online (youtube)
- Dance lessons (youtube)
- Movie night (watch a movie then talk about it with friends after)
- Watch a TV show or documentary (then talk with friends after)
- Make a new play list and share it with people.

Do you have an idea of things to do with people online. Maybe share the idea.

Social distancing:

It can be hard to take on the new rules about social distancing, to seeing friends or family in person. Remember this is for everyone's benefit and keeping yourself and others safe. A lot of information is in the newspaper and on social media about rules and new news however the most up to date and accurate information is of the Governments website.

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Are you aware of anyone who may need more support if so contact a friend, family member or see if St Michael's are able to help in anyway.



Hobbies / new hobbies:

- Drawing, painting or collages
 - Flower arranging
 - Clay or fimo modelling. (home made modelling clay <https://www.youtube.com/watch?v=drZc68ISwxY>)
 - Make Easter decorations
 - Make birthday cards or cards for friends
 - Sewing, make your own crafts, clothes or up cycle old ones, design some clothes. (<https://www.seamwork.com/> has a lot of free resources to help you design your own clothes)
 - Make jewellery
 - Make book marks or origami
 - Write a blog, book, journal
 - Photo album scrap book
 - Photography
 - Bible journalling
- can help our emotional well-being and mental health. By writing out our feelings, fears and concerns we are getting them out of our heads and able to view them, challenge our thinking and often come up with an alternative view!
- Decorate recycled cartons for plants.
 - Online music lessons for free. (youtube)
- Pinterest can be a good website for coming up with ideas of arty things to do or give you inspiration. (Free) www.pinterest.co.uk

Take on a monthly challenge to have one thing to focus on a day / week / month:

- Draw one thing a day / doodle a day
- Write one thing a day
- Photo a day
- De clutter / organise challenge
- Journalling or prayer a day
- Remembering a bible verse a week
- Go greener for a month

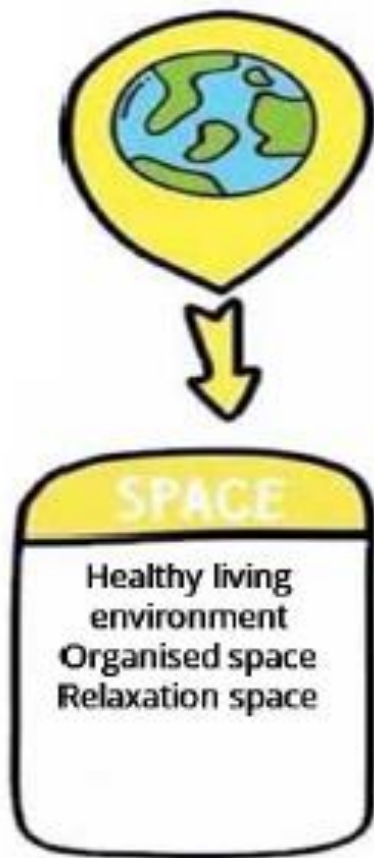
These challenges can be found online and there are many more.

Sharing your skills / hobbies

Do you have any skills or hobbies that you could give tutorials or share online with people? Then that would be amazing to share those skills.

Knowing yourself

- In this time of physical distancing, it is an amazing time to get to know yourself better and understand what makes you happy or sad. This should be a positive time of getting to know yourself. You could share your experiences or feelings with friends or family.



Healthy living space

- Making sure that you don't spend all of your day in one space is important to reduce fatigue.
- You could make different areas for different activities. Create a quiet reading corner, creative space or exercising space.
- Think about the space you have. Can furniture be easily moved?
- Another option is to make the space different for different activities by lighting a candle, making a coffee when you have God or bible time. Use a blanket or pillows to create a relaxing environment.
- You should try and open a window each day to allow for fresh air to come in.
- Do not allow your bedroom to be used for every activity. It is important that you associate the bedroom with relaxing and sleep.

Sharing a space with people

- It is important if you feel unwell to isolate yourself away from any house mates, family members or friends in your home.
- If there are quite a few people living in the household it is important to have some time alone. One way to help could be to have a space that can be used as a one person space for some quiet time.

Working from home

This can be hard to do if you have never worked from home. The physical distancing and not easily having colleagues there to talk to or bounce ideas off can be challenging. It is important that you stay to your normal daily working hours.

Waking up earlier and having a coffee, setting up your working space and spending time with God can be a nice way to start the day.

Once you start work you can set a timer for when you are allowed to have a break. This helps you to stay to a schedule and on track.

Make sure there are no TV or distractions in the room. If you find yourself getting fidgety and distracted then get up and:

- Make a coffee
- Stretch or do some exercises
- Wash up or (quick cleaning tasks)
- Look out the window
- Having the room too hot or cold can affect your productivity. Overly warm rooms can make you feel sleepy.
- Drink a pint of water (staying hydrated helps you stay focused)
- Too much on your mind. Have a quick 5 minutes to jot down ideas of what tasks need to be done and prioritise the items on the list in order of importance.
- If you are feeling stressed or unable to work because of how you are feeling, then spend some time with God and take some time to allow what you are feeling to be recognised. Then you are able to process what you are feeling and take a step forward. (See EMOTIONAL page for more ideas)

Having God in all your daily tasks



Meditation

- Take time to meditate on a piece of scripture, Gods word or simply be in silence to listen and respond to God.

Bible study

- This activity can be done alone or with your life group.
- Take a passage and use online resources that are reliable to help you to study the Bible deeper.
- You could take on reading the Bible in a year challenge.
- Many online websites provide study guides that can help give you a topic each day.
- Some websites send daily scriptures or messages.

Journalling

- This can be a fun and arty activity to connect with God.
- Using art to remember stories of the Bible, verse or important things from the Bible. For some this can be easily remembered when drawn or using colour.
- There are many online resources to get you started with journalling.

Special space

- It is important that you have a regular space where you can be and not have distractions when spending time with God. This could involve sitting in a certain chair, having a blanket, cushions or starting with lighting a candle.

Prayer time

- This is an important thing especially in this time. Talk to God as he is always there for you and there to help you through these times. He gives us strength.

Listen to worship music or radio stations

- St Michael's website for all past services and many other resources. St Michaels spotify play-list, Youtube channel, Facebook, Podcasts.
- Premier radio (DAB, App or online)
- UCB radio 1 + 2 (DAB, App or online)
- There are many others

Useful websites

St Michael's Church www.stmichaelsbristol.org

Church of England www.churchofengland.org

Kintsugi Hope is a charity based in the UK striving to make a difference to peoples mental well-being **www.kintsugihope.com** they also have a Facebook page and youtube page .

Christianity today **www.christianitytoday.com/**

Website to help study the Bible or answer questions www.gotquestions.org/

Study guide www.blueletterBible.org/

CWR www.cwr.org.uk/home

Bible studies www.Biblestudytools.com/Bible-study/topical-studies/

Alpha resources and information www.alpha.org



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 15 Make some progress on a project that matters to you
- 22 Find positive stories in the news and share these with others
- 29 Connect with nature. Breathe and notice life continuing

- 2 Enjoy washing your hands. Remember all they do for you!
- 9 Call a loved one to catch up and really listen to them
- 16 Rediscover your favourite music that really lifts your spirits
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 30 Remember that all feelings and situations pass in time

- 3 Write down ten things you feel grateful for in life and why
- 10 Get good sleep. No screens before bed or when waking up
- 17 Learn something new or do something creative
- 24 Put your worries into perspective and try to let them go

- 4 Stay hydrated, eat healthy food and boost your immune system
- 11 Notice five things that are beautiful in the world around you
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 25 Look for the good in others and notice their strengths

- 5 Get active. Even if you're stuck indoors, move & stretch
- 12 Immerse yourself in a new book, TV show or podcast
- 19 Do three acts of kindness to help others, however small
- 26 Take a small step towards an important goal

- 6 Contact a neighbour or friend and offer to help them
- 13 Respond positively to everyone you interact with
- 20 Make time for self-care. Do something kind for yourself
- 27 Thank three people you're grateful to and tell them why

- 7 Share what you are feeling to and be willing to ask for help
- 14 Play a game that you enjoyed when you were younger
- 21 Send a letter or message to someone you can't be with
- 28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

There is a website, Facebook or a phone app you can download. They have monthly calendars with one thing to focus on each day.

<https://www.actionforhappiness.org/self-care-september-2018>

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” – 3 John 1:2
NIV