



Flourish!

CHOOSE WELL, THINK WELL, LIVE WELL!

Practical ideas to help families, children, and adults care for their emotional wellbeing and mental health.

Introduction

WHAT IS **FLOURISH!**?

- **Flourish!** is a set of materials designed to introduce ideas and activities that can help people of all ages to choose to experience positive emotions, even when they are facing challenging circumstances.
- This is what the apostle Paul did when he was in prison. In Philippians 4 Paul lists some of the ways in which he stays positive even though he is facing execution. He chooses to praise God because is always praiseworthy. He chooses to be gentle and kind. He chooses to give his anxious thoughts to God, who cares for him. He chooses to be thankful, and to focus on positive and peaceful thoughts.
- **Flourish!** consists of 12 posters/pages. Each one focuses on a different aspect of emotional wellbeing, and includes a Bible verse, a brief introduction, and 10 different, simple ideas for experiencing a positive emotion or attitude.
- There is also a choice of two journal pages that encourage daily, positive reflection on healthy emotions.
- There is a tree poster for children, where they can stick or color small green leaves each time they try out one of the flourishing ideas.

HOW CAN THE **FLOURISH!** MATERIALS BE USED?

- The **Flourish!** materials have been designed to make them easy to translate and share.
- Put them on your website, or link to **Flourish!** on the TED web pages for the English versions.
- Share them with your counterparts and families.
- Print them in your Union/Conference papers for people to pull out and keep.
- Host an event where you share the ideas and provide some samples of the activities for people to try out. This can also be used as an outreach opportunity.
- Share them with your schools. Children and families can use the ideas at home. Teachers can use the ideas in their classrooms, perhaps introducing one idea each day, or by creating a table or space where children are encouraged to try out the ideas for themselves. For example, a nature table, with sturdy shells, interesting stones, wood, bark, and plants can be a place where children can slow down, focus on nature, and experience wonder.

“May the Lord cause you to **flourish**, both you and your children.” Psalm 115:14





Choose to Manage your Thoughts!

“Finally, brethren, whatever things are true... noble... just... pure... lovely... of good report... meditate on these things.” Phil. 4:8, NKJV

Whatever is happening in our lives, we can, like Paul in prison, choose to focus on the good things in our lives.

- Every day we experience negative emotions that drain us, and positive emotions that top us up. These feelings are not good or bad—they are normal responses to living in our broken world. Negative emotions are feelings like anger, frustration, fear, stress, guilt, shame, disgust, and sadness. Positive emotions are love, joy, peace, hope, inspiration, wonder, gratitude, fun, etc. But whatever we are feeling, we can also choose to experience some of the positive emotions that rebalance us and help us to experience the abundant life that Jesus came to give us (John 10:10).
- Whenever you feel weighed down by draining and negative emotions, hit the pause button, and refresh your mind by thinking about the good and positive things in your life. Read Psalm 103 and be reminded of all God’s goodness and love towards you.
- List all the feelings you have right now. Draw a circle and make a pie chart of how much of each emotion you are experiencing. What helps to soothe your challenging emotions?
- Make sure you get plenty of sleep and healthy food. When our bodies are healthy, we tend to feel happier too.
- Do your favourite lively activity for a few minutes to help re-energise you. Notice how you feel before you start, and then how you feel afterwards.
- Think of 3 times when you felt calm and happy. What made you feel so good? How can you do more of that?
- Talk about how you are feeling. ‘In this situation... I feel...because... and it would really help me if you could do this... What are you feeling right now? And how can I help you, too?’
- If you live with others, check in together once a day. Share one of your challenging, ‘negative emotion moments’ together and soothe each other. Then share one of your happy, ‘positive emotion moments’ and celebrate together. Romans 12:15.
- God’s love for you is powerful, deep, and unchanging. Imagine He is writing a letter to encourage and comfort you today. Write out that letter and read it aloud to yourself.
- Imagine that you are having a goodnight hug on Father God’s lap. What will you tell Him about your day, and how will He gently and lovingly respond to you?



Choose Gratitude!

“In everything give thanks.” 1 Thess. 5:18, NKJV

Whenever we say thank you to someone else, we both feel happier!

- Thank God for different things that are each colour of the rainbow.
- Name 30 things you are thankful for before getting out of bed in the morning, or while you eat dinner.
- Thank God for something beginning with each letter of the alphabet.
- Thank God for the different things that you enjoy with each of your senses—things that you can taste, touch, hear, smell, and see.
- Go for a walk and thank God for one thing after another that you can see along the way.
- Write a note to each person in your family, or some of your friends, thanking them for something special they have done for you.
- List one thing you were especially thankful for during each month of the past year.
- Put up a noticeboard or stick a sheet of paper on your fridge. Write what you are thankful for, add cut out pictures, photos, messages, Bible verses and quotes to make a ‘gratitude wall’.
- Describe one unusual thing that you are thankful for. Post a message about it on social media or tell a friend about it.
- Create and write a special thank you card for God, to thank Him for His love for you.





Choose Joy!

“Rejoice with those who rejoice!” Romans 12:15, NKJV

Choose to experience joy and share it with others—a joy shared is a joy doubled!

- Make a list of 100 simple and small things that bring you joy! Write each one on a separate index card. Choose one idea every day. Write on the back of the card what you did and how it made you feel.
- Make someone happy today and measure how much joy that gives you out of 10, where 0 is no joy and 10 is loads of joy! How much joy did you give to the other person?
- Choose 10 of your favourite Bible verses about joy. Write out the verses and make something with them that you will see every day.
- Make a timeline/calendar of joy. Think of your favourite happy memories. Write each one on a sticky note, and then arrange them in time order. Write each happy memory on a flag that you can peg onto string or use to create a memory scrapbook.
- Make a playlist of your favourite joyful tunes and songs.
- Share in someone else's joy! Send a joyful card to celebrate their special moment! Or send them a happy card to brighten their day.
- Ask your family and friends about 10 things that bring them joy, and then do something for them that is on their joy list.
- Make or find a small joyful reminder that you can carry with you. Whenever you have a sad or stressful thought, the reminder can inspire you to choose a happy thought instead.
- Write happy thoughts and quotes on slips of paper. Roll them up and keep them in a Joy Jar. Choose one whenever you need some extra joy. Make a Joy Jar for a friend.
- Write sticky notes to put on your favourite things. Write “This brings me joy because...”



A vertical strip on the left side of the page featuring a collage of various flower petals in shades of purple, pink, yellow, and orange.

Choose Inspiration!

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2, NKJV

When we are inspired by something or someone, we feel uplifted.

- Look for a positive and inspiring news story today and share it on social media.
- Choose an inspiring Bible character and study their life. Why do you find them inspiring and what do they inspire you to do?
- Choose an inspiring Bible verse and create a piece of art for your home.
- Read the biography of an inspiring person and discover 5 important lessons you can apply to your life.
- Find a praise song that inspires you. Share it with someone and describe how it makes you feel.
- Who has been the greatest inspiration in your life? Tell them about the positive difference they have made to your life.
- Read the beatitudes in Matthew 5:3-12. Write how each beatitude inspires you to live well today.
- Start a scrapbook or decorate a notice board with inspirational verses and quotes that you find encouraging.
- Ask someone from an older generation to tell you an inspiring story from their life.
- Make a list of the different qualities of God and be inspired by His loving character.





Choose Wonder!

“Among the gods there is none like You, O Lord; Nor are there any works like Your works... For You are great, and do wondrous things; You alone are God.”

Psalm 86:8, 10, NKJV

When we look at nature with wonder, it fills us with a warm glow of delight, and it brings us closer to God.

- Be filled with wonder at all the amazing things your God-created hands can do! Make a list of 30 things you enjoy doing with your hands.
- Go for a walk and find 5 things that fill you with wonder. Take photos and share them with others so they can experience the wonder, too.
- Watch the sunset for half an hour with a friend or family member. Or lie on a blanket and look at the night sky.
- Look at the people around you through eyes of wonder. Each one is made in the image of God. How does wonder help you to see them differently?
- List 3 things you can taste, see, smell, touch and hear that fill you with wonder.
- Choose a plant and examine it closely. How many details can you find that you've never noticed before? Praise God for His amazing handiwork!
- Watch a video clip or documentary about something in nature that fills you with wonder.
- Fill a large jar or vase in your home with a collection of natural objects that fill you with wonder—such as a peacock feather, shells, bark, stones, etc.
- Read Psalm 104 aloud and be filled with wonder. Write your own psalm of wonder.
- Think about the 6 days of Creation. Take photos or find pictures to illustrate some of the wonders God made on each day. How would you illustrate Sabbath?





Choose Laughter!

“A merry heart does good, like medicine.” Prov. 17:22, NKJV

Laughing at something positive and funny makes our whole body feel good!

- Invite a friend, or everyone in your family, to share something that made them laugh this week.
- Watch video clips of animals doing funny things. Or invite everyone in your family or friendship group to share a funny video, and then vote on which is the funniest.
- Ask a lonely or sad person to tell you about something that they really enjoy doing, and then invite them to do it with you.
- Choose a funny and positive film to watch with your friends or family. Make popcorn and enjoy your evening.
- Play charades together with your family or friends—acting out film, song, and book titles for everyone else to guess.
- Read through a chapter of the book of Proverbs in a modern Bible translation. Find the funniest verses and draw them as comic strips, act them out, or mime them, while everyone else tries to guess the verse.
- Use your index finger to draw an object on someone’s back, through their clothes. See how quickly they can guess what you are drawing or writing.
- Buy a toy for a young child and have fun playing with them.
- Search online for fun and crazy ‘Minute to Win It’ games that you can play at home with things you can find around the house.
- Learn how to make giant bubbles and blow them for the children in your local park (www.redtedart.com). Or use pavement chalks to write funny quotes and comments on your driveway to amuse those walking past.



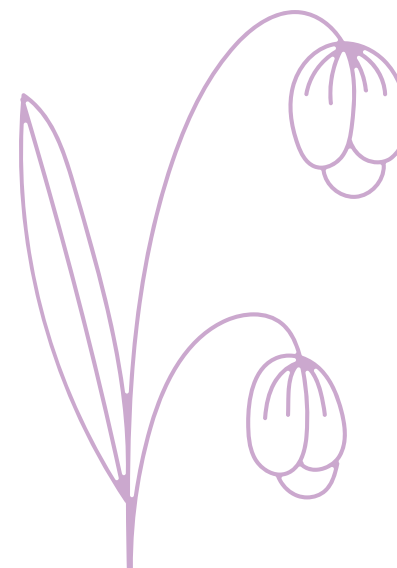


Choose Hope!

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” Romans 15:13, NKJV

Hope is like a light that helps us to get through the dark tunnels of life.

- Find Bible verses or quotes that give you hope. Write them on plain index cards, decorate them and memorise them.
- Make a list of all the things you are looking forward to – today, this week, this month, this year and in the future.
- List 5 small things that you look forward to every day. Make those moments special and share them with others if possible.
- Talk with your close family or friends about what you are most looking forward to in the earth made new (Rev. 21).
- Plan something fun for your family or friends to look forward to.
- Think of 3 times where you were worried about something, but things turned out much better than you expected. What can you learn from these experiences?
- Share hope. Give a candle or card to someone going through a difficult time and let them know you are praying for them.
- When someone asks you to pray for them, write an encouraging prayer and send it to them, or record your prayer and send them the message.
- Think about something that is worrying you. List 3 good things that might happen instead.
- Make a list of 30 things you really want to do. Start doing the things on your list.



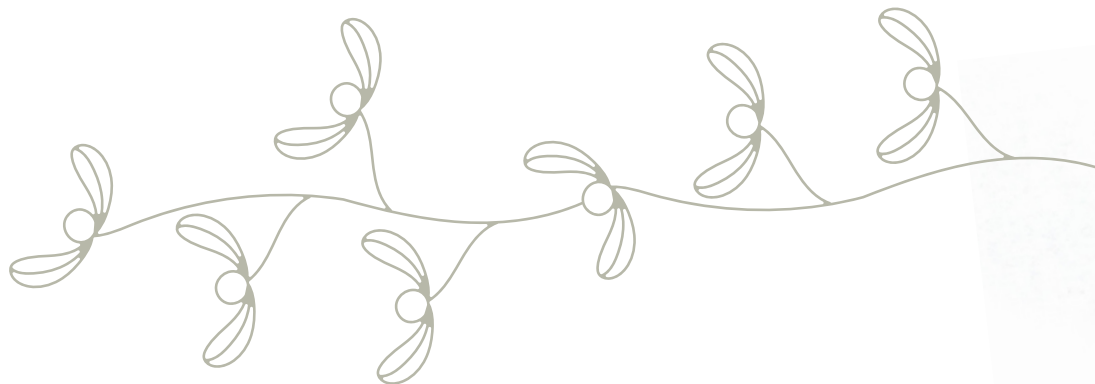


Choose Purpose!

“There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all.” 1 Cor. 12:4-6, NKJV

We need to know that what we do is valuable, and it is valued by God and others.

- Make a list of 5-10 things you enjoy doing well.
- Start an enjoyable project that you can easily work on for a few minutes every day.
- Write a “thank you” note to someone who helped you develop one of your skills. Who could you share the skill with?
- Choose to do one of the chores in your home in the best way possible. Find a way to make it fun!
- Use one of your special skills to bring joy to someone else.
- Send a short note of appreciation to a family member, classmate, or colleague, for something they have done well.
- Make a timeline/history of one of your favourite skills to help you notice its development and all the effort you have put into it.
- Work together as a family on a special project that blesses other people. Make soup, care for someone’s garden, redecorate a room, pick up litter, etc.
- Write each person’s name on a different sheet of paper, pass the papers around the circle, and write on each person’s sheet some of the things they do well.
- Ask a member of the older generation to teach you a skill they learnt when they were young. Enjoy your time together.



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Choose Kindness!

“Be kind to one another, tender-hearted, forgiving one another, even as God in Christ forgave you.” Ephesians 4:32, NKJV

Doing kind things for others can sometimes be the most effective way to lift our spirits when we feel sad and down.

- Try doing something kind every day for someone in your home, workplace, or neighbourhood.
- Buy a gift card for a local café and give it someone who needs a hot drink and something to eat.
- Call someone who lives on their own and spend time listening to them.
- Make or buy some cookies and treats for a team of people who care for others (teachers at school, a police station, a doctors' surgery, etc.).
- Fill a box with good things you no longer need. Give it to a charity shop. Or leave it in a dry place where people can help themselves to the items.
- Buy a small plant or bunch of flowers and leave it with a kind message on someone's desk or doorstep.
- Donate a few packets of good quality food to a food bank, women's refuge, or homeless shelter.
- Wrap a present that anyone might like. Add a tag that says: 'If you find this gift—it's for you! If it doesn't suit you, please pass it on to someone else.'
- Raise money with your friends to buy something for a person in need. Or donate money to a small local charity.
- Write some short, positive messages on sticky notes. Stick them in different places—inside a magazine, in a library book, on a package in a grocery store, on a mirror, etc.





Choose Flow!

“Nothing is better for a man than that he should eat and drink, and that his soul should enjoy good in his labour. This also, I saw, was from the hand of God.” Eccl. 2:24, NKJV

Flow is the lovely feeling you get when you are completely absorbed in doing something that brings you joy.

- Make a list of your favourite off-screen activities. Spend at least 10 minutes a day doing one of these enjoyable things.
- Fill a basket with interesting activities (books, puzzles, crafts, etc.). Dip into the basket when you need a distraction from your negative thoughts.
- Try doing a jigsaw puzzle, reading, listening to a good book, exploring a simple craft activity, walking in nature, baking a cake, having a bubble bath, gardening, writing a letter, etc. Notice how it makes you feel.
- Learning something new can distract you from your worries and troubles. What would you most like to learn, and how will you start?
- Is there a job you hate? Turn it into a puzzle, or a creative challenge, or imagine you are doing it as a wonderful gift for the people around you.
- Look out for free events in your town where you can try out a new craft, hobby, or skill. Or find a craft class on the internet.
- Find a new recipe and make a cake. Ask someone to help you so that you can enjoy baking and eating together.
- Try origami—all you need is a sheet of paper. Find instructional videos on the internet and give it a try.
- Set yourself a creative challenge, such as looking for the shapes of letters in the world around you, and then taking photos of them to spell your name or create a message.
- Choose a word with at least 10 letters. Maybe it has a special sound, or meaning, such as ‘serendipity’. Then try to make at least 30 other words out of the letters.



Choose Peace!

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” John 14:27, NKJV

We need time every day to slow down and be peaceful and quiet.

- Blow bubbles! Take a deep breath, and then blow some big, imaginary bubbles. This is a natural way to calm your body. Imagine you are blowing all your worries to God and breathing in His peace and love.
- Find a peaceful place to sit outside. Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste. Thank God for all of them.
- Draw around your hand. Imagine it is the hand of God. Write your concerns on the palm of the hand and give them to God. Each time a worry comes into your mind—remember that you’ve already given it to God.
- Light a candle and watch the flame or watch a flickering battery-operated candle. Imagine Jesus, the Light of the World, is shining His peace and love into your life.
- Make a list of things that calm you. Watch waterfalls, listen to birdsong, smell the fragrance of oranges, lavender, and baking bread, massage your hands, etc.
- Find a photo of a peaceful place. Stick it onto a larger piece of paper and write calming thoughts around the edge.
- Repeat a calming Bible verse slowly. Try ‘Be still and know that I am God.’ Psalm 46:10. Say each word in turn and think about what it means.
- Tidy up a messy place in your life so that you can feel more peaceful.
- Draw wavy pencil lines across a sheet of paper. Write soothing thoughts, messages, quotes, and Bible verses on the lines. Use different shades of blue to make a page of peacefulness.
- Visit a church or other peaceful place. Sit quietly. Pray, read a Bible verse, or look at things that fill you with peace.





Choose Creativity!

“And whatever you do, do it heartily, as to the Lord and not to men.” Col. 3:23, NKJV

Creativity can help us to be happy! Focus on enjoying whatever you are doing, rather than being critical of your work!

- Use whatever colouring materials and creative resources you can find to make a collage or picture of things that make you happy. Try recycling the coloured pages of old magazines.
- Make something to remind you how much God loves you.
- Write your own psalm or song of praise to God, celebrating all the good things He has done for you.
- Use one colour of the rainbow at a time and fill a page with all kinds of red – using paint, crayons, pieces of red paper, and pieces of red pictures cut from magazines, etc. Then try orange, yellow, green, blue, purple, and indigo. Enjoy the process!
- Mary was creative when she made a bed for Jesus in a manger. Jochebed was creative when she made a little boat for baby Moses. Choose 5 objects in your home, such as a book, jar, piece of wood, etc., and think of 5 different ways you could use each of them.
- Be creative with your food! Use what you have in your kitchen to make a smoothie, salad, or meal that you have never made before. Or arrange your food to create a picture.
- Read any Bible story. Reflect on it. Then create something simple in response to what you have learned from the story. No one else needs to see what you make, but it will help you to think more deeply about the story and remember it.
- Go into the woods and find a safe place to make a picnic den. It's even more fun if you do this with your friends or family!
- Design a machine to solve one of your biggest problems. How would it work and what would it do? Even though you can't really have this machine, what can it teach you about solving your real problem?
- Visit an art gallery or a special place where you can see or hear other people's creativity. Use their creativity to inspire some of your own.



My Flourishing Journal

Three things I am thankful for today are:

1. _____

2. _____

3. _____

I saw God at work today when... _____

I showed kindness today when... _____

I experienced God's love today when... _____

Something that filled me with wonder today was... _____

I experienced joy today when... _____

Something that made me laugh today was... _____

Something that gave me hope today was... _____

A worry or concern I have that I put into God's hands today is... _____

Something interesting I did or learnt today was... _____

Three things that went well today were:

1. _____

2. _____

3. _____

My Flourishing Journal

Today I felt:

Draining Emotions	When I felt it	None	Some	Lots
Sad				
Stressed				
Frustrated				
Shamed				
Guilty				
Disgusted				
Angry				
Afraid				
Contemptuous				
Embarrassed				
Positive Emotions	When I felt it	None	Some	Lots
Thankful				
Amused				
Loved/kind				
Joyful				
Hopeful				
Happily absorbed				
Inspired				
Full of wonder				
Valued & valuable				
Peaceful				

My best moment today was _____

Because _____

My most challenging moment today was _____

Because _____

Three things that went well today were:

1. _____

2. _____

3. _____

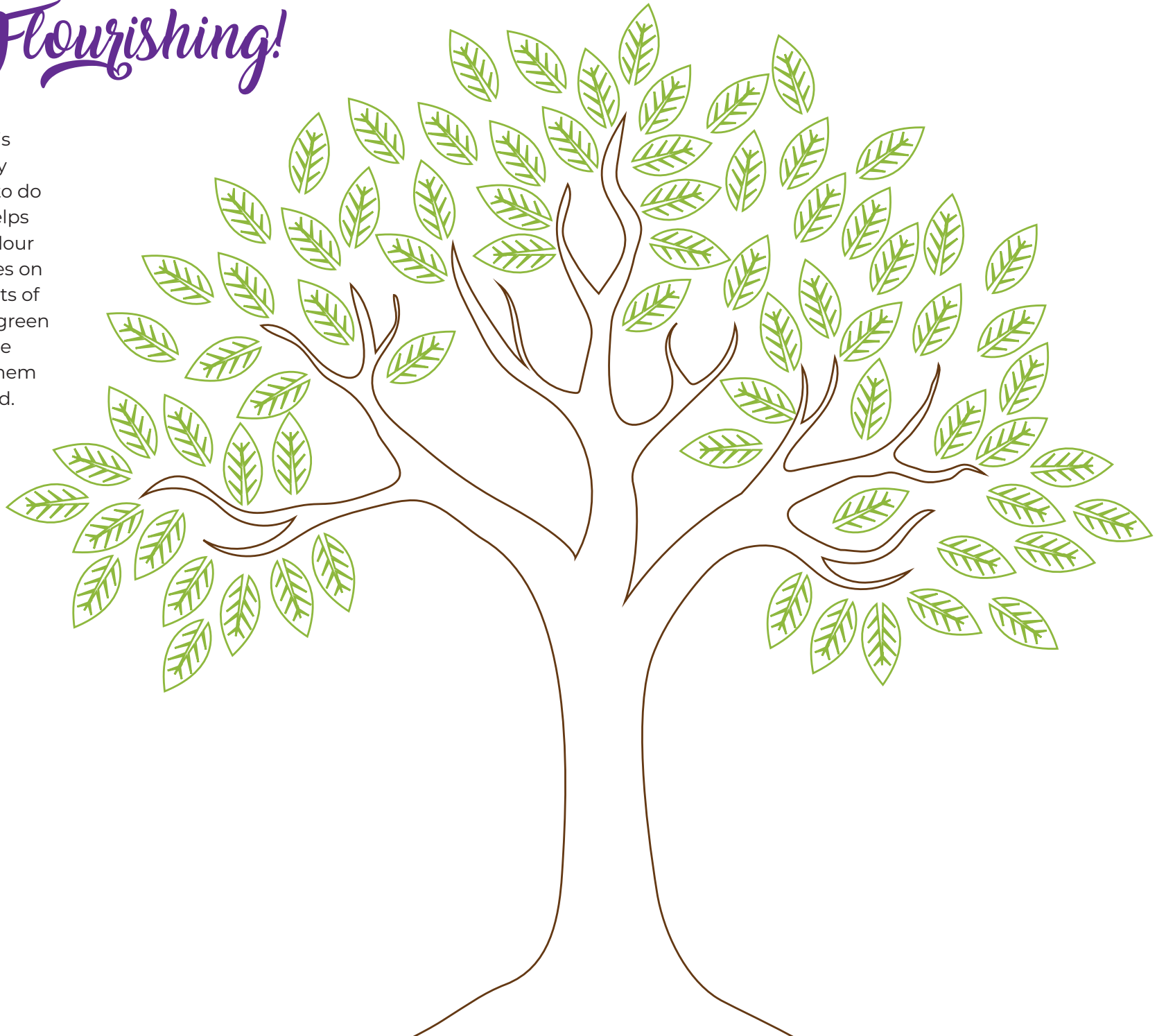
I experienced God today when... _____

Something I learned about God today was... _____

A good choice I made today to care for my emotional, spiritual or physical wellbeing was.... _____

I'm Flourishing!

Please enlarge this poster to A3. Every time you choose to do an activity that helps you to flourish, colour in one of the leaves on this tree. Or cut lots of leaf shapes from green paper or magazine pages and stick them on the tree instead.



Caring When Life Is Sad

“Be sad with those who are sad.” Rom 12:15

- Here are some ideas to help you and your loved ones to care for each other when you are feeling sad, distressed, and overwhelmed. It's good to let each other know when you need some extra care and attention. Remember that everyone has their own way to be sad and their own ways that they like to be soothed and comforted.
- At the end of each day, share your saddest or most challenging moments in the day, and comfort each other before you go to sleep. Then talk about the happiest moments in your day and name 10 things you are thankful for. List 3 things that went well and celebrate the good things that happened, however small.
- Talk about your feelings: “I am feeling this and this... because... and it would really help me if you would do this for me... Thank you. How are you feeling today? And what can I do to help you, too?”
- Even when you're sad, it's healthy and good to laugh, too. Watch a funny movie or YouTube clip together, or search for images of funny cartoons and jokes on the internet
- If you are all alone and feeling sad, imagine that God, or a person who loves you very much, is hugging you close to their heart, and soothing you. Imagine them saying the kindest and most comforting and loving things to you. Take some deep breaths and relax into the imaginary hug. Or give yourself a warm and comforting hug with your own arms.
- Go for a walk together, breathe in the fresh air and look for the beautiful things in nature that you don't usually notice.
- Play a game together, make a new recipe, do a jigsaw, go to café, walk in a beautiful place, listen to your favourite music, or work on a hobby together. Choose activities that distract you and give your mind a rest from being sad and stressed for a while.
- Some families find it helpful to have a special time every day or week when they can remember the person that they have lost, be sad together and comfort each other.
- Imagine that the person you have lost can see how sad you are. What might they say or do to comfort and reassure you, if they knew how you were feeling right now?
- Fill a basket with some soothing activities—a funny story, a small craft project, a puzzle or joke book, some hand cream, bubbles to blow (the deep and slow breathing can help to calm you down), lavender or citrus oils to smell, and sachets of your favourite hot drink.





Caring When Life Is Traumatic

“This I recall to my mind, therefore I have hope. Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.” Lam 3:21-23, NKJV

- After a severe trauma we often feel shocked, frozen, and numb. This is normal and it’s the body’s way of protecting itself from being overwhelmed by pain and distress. It can help to sit still, keep warm, sip a soothing drink, take deep breaths, and be hugged and held. It’s also helpful to be with someone who can comfort us and care for us, because they can help us to calm down, and feel loved and safe.
- Remember that someone who has experienced a severe trauma may say and do things that they would not usually do. They need to find ways to express their deep anguish. Accept the person warmly, don’t comment on their words and actions, and don’t judge them. Keep these moments safe and confidential.
- Sometimes it helps to talk about the trauma to a comforting and soothing listener. Comfort can sound like a warm, close silence, crying together, or words like “I am so very sorry that you went through that experience. No one should ever have to go through something like that.” “I care about you, and I care about your pain.” “I wish I had been there to comfort you right away, so that you didn’t have to go through all of that pain alone.”
- Compassionate listening involves giving the person your full attention with warm eye-contact, summing up what they have said every now and then, or writing down their key points on a piece of paper to show that you are really listening and understanding. Listen underneath their words for any support they might need, such as caring comfort, encouragement, warm acceptance, practical help, and a sense of feeling safe and secure. Think about their other need because they may not be aware that they are hungry, thirsty, tired, in need of medical attention, or that they need to tell someone official about what has happened to them.
- Where possible, provide deep comfort on the same day as the traumatic event, so that the experience is soothed before the person sleeps. The memory is processed by the brain overnight, and some comforting and warm connections may lower the level of distress, which can otherwise lead to an even greater risk of anxiety and depression.
- Sometimes it can re-traumatise a person to tell their story. It can bring back all the painful memories. So let the person choose whether to tell their story or not. They can talk about the effect of the experience on their life, instead. Ask them about the choices they made that have helped them to manage their pain and distress better. Then they can choose to do more of the things that help them, and less of the things that make it more difficult to cope.
- Help people to access counselling and psychological support as soon as possible after a trauma. A person who is very distressed may need to have their grief and distress calmed and comforted for a while before they can make the best use of counselling support.

Help When You've Had A Challenging Day

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." Isaiah 41:10, NKJV

- Check in with yourself and reflect on the emotional balance of your day. You can do an assessment at www.positivityratio.com. If you have experienced lots of negative (draining) emotions in your day, then you may need to rebalance yourself by choosing to do some of the activities on the other 'Flourish!' posters.
- During the evening, choose to spend time doing an activity you really enjoy. Watch something funny, go for a brisk walk in a park or in your favourite place, listen to your favourite music, play a game, chat with a friend, read an interesting book, have a warm bath, light a candle... Whatever makes you feel happier and more relaxed.
- Writing down your challenges and troubling thoughts can help you to clarify them, clear your mind and let them go. You could also imagine that you are hanging them on a tree for the night, and that you will pick them up again tomorrow if you still need to work on them.
- Draw around your hand, write your concerns and worries on the fingers, and then imagine that you have placed them in God's hands for the night, as He is the best person to deal with these complex issues.
- Sleeping on an unresolved conflict can cause anxiety and depression and increase your stress load. So, try to work things out together before bedtime.
- If you have had a traumatic or sad experience in the day, it's good to talk about it with someone who cares for you, and who can comfort and support you. Having your experience soothed by someone else before bedtime could also help to protect your emotional health.
- Reflect on the following questions to help you focus on the positive aspects of your day.
 - What are you most thankful for today? Name 3 things.
 - Where did you see God at work today?
 - What did you do, with God, to share His love with others?
 - What went well today? List 3 things and think about the choices you made that contributed to their success.
 - What did you learn today that has made you a wiser or more capable person?
 - What made you happy today, or made you laugh?
- If you live with other people, share your stories of the day together. Comfort the sad moments. Do something kind for each other, appreciate each other, help each other, and encourage each other. Let them know how special they are to you. Work on something enjoyable together. Sharing your day together will help you to feel less alone with your challenges. Warm and positive relationships with other human beings help us to manage the ups and downs of life in this unbalanced world.





Choose To Help Others by Listening Well

When we listen well, we are giving people attention, care, comfort, and significance. It is especially important to listen to those whose voices are not being heard and valued—such as children, teenagers, women, displaced and vulnerable people, and those whose voices may have been silenced by their culture, experience, and families.

- **Give your full attention to the speaker.** Stop what you are doing and show that you are relaxed, available, and focused. Put away your phone and give warm eye-contact. Avoid interrupting, distracting them or telling your own stories. This shows that you are interested in the person and what they have to say.
- **Respond to the speaker's story by summarizing what they have said.** 'So, you're saying that...? And then...happened?' This encourages them to speak and shows how well you are really listening to the details of their story.
- **Be curious.** Ask questions that invite more information and ideas, such as: 'What happened after that?' 'Who was most helpful at that time, and what did they do?' Thoughtful questions show that their story is important to you, and that you are ready and open to hear more from them. Ask what they are most concerned about, and what their hopes are.
- **Listen to the speaker's story with your heart.** Respond to the speaker's emotions and empathise with their feelings. 'What were you feeling right then?... 'That sounds sad, troubling, painful, discouraging...' etc. 'That sounds very frightening. I'm so sorry that you had to go through that alone.' 'If I had been there with you, I would have wanted to help by...' 'I can see that it's upsetting to think about this experience. What can I do to comfort you right now?' This shows that you can identify their feelings and care for them.
- **Listen for their relational needs that are met through caring relationships.** Relational needs are: comfort, acceptance, affection/ kindness, appreciation, attention, respect, encouragement, security/safety, being valued by others and being helped. Each time we meet one of these relational needs in a simple way, it can soothe the other person's distress and help them to feel less frightened, alone, and anxious.
- **Listen for their practical needs.** If the person is distressed, they might not be aware of their physical needs, especially in an emergency or crisis. Do they need food, water, warmth, shelter, safety, clothes, medical care, and personal supplies? Ask 'When did you last have something to eat or drink? Are you warm enough? Do you have somewhere safe to sleep and rest?' 'Do you have any injuries that need attention?' 'What do you need most and how can I help you?'
- **Follow up.** Ask them if there is anything else you could do to help. Do whatever you promised to do. Check in with them later by phone, text, etc.
- **Helpful reminder.** Use your body to remind you how to listen: Eyes—eye contact; Ears—listening; Mind—engaged, thoughtful and curious; Heart—aware of emotions and relational needs and how to care for them; Hands—ready to help.



“The God of heaven is constantly at work. It is by His power that vegetation is caused to flourish, that every leaf appears and every flower blooms. Every drop of rain or flake of snow, every spire of grass, every leaf and flower and shrub, testifies of God. These little things so common around us teach the lesson that nothing is beneath the notice of the infinite God, nothing is too small for His attention.”

Ellen G. White



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Flourish!

All the Flourish posters are part of the Trans-European Division project “Flourish!”. For more ideas to help you flourish, please visit the TED Children's Ministry Resource pages at www.ted.adventist.org.

Flourish! is inspired and informed by the research of Barbara Fredrickson into the psychology of wellbeing—what helps us to flourish and be resilient. She wrote about her ideas in her book “Positivity” (One World Publications, January 1, 2011). Link: <https://ted.adventist.org/family/flourish/>