WEEK FOUR

Emotional Wellbeing

INTRODUCTION

Today we are looking at the subject of emotional health with input from psychologist Dr Roger Bretherton, Principal Lecturer for Enterprise in the School of Psychology at the University of Lincoln; Will van der Hart, Associate Vicar at St Dionis Parsons Green in London, and a director of the Mind and Soul Foundation; and Dr Rosemary Gomes, a clinical psychologist in both an NHS role and independent practice.

Starter Questions

- What do you like to do to refuel when you are under pressure? Where do you like to go?
- Which statement do you think your closest friends would say best describes you: heart on your sleeve OR a closed book? Why?

WATCH THIS WEEK'S VIDEO

Discussion Questions

1. What do you think about the statement "emotions aren't relevant"?
2. How often do you take note of how you feel? How might such awareness help us?
3. Reflecting on what the experts have said in this week's film, how does faith, hope and love affect our wellbeing?
4. How do you respond when you face challenging times?
5. What do you do to recharge?

ACTIVITIES/TOOLS

1. Make a list of 10 things you love to do. Which three could you add to your diary in the next six weeks?
2. How do your emotions affect others? The Bible talks about the 'fruit' of God's presence in our lives: 'love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, [and] self-control' (Galatians 5:22–23, ESV). How could you help

others experience more positive emotions?

3. What has touched your emotions in the past week making you happy, sad, or angry for example? How did you express those emotions? In the coming week, aim to take note of the things that provoke an emotional response in you?
4. How can you express gratitude? 'Gratitude practices' can range from gratitude letters, to gratitude visits, to writing down each night three things that went well and thinking about why they went well. What will you plan to do in the next week to express gratitude?
5. In his book 'God's Plan For Your Wellbeing' Dave Smith outlines five steps in 'The Prayer of Awareness' (the 'Prayer of Examen' – available in the resources for this session). This prayer developed by the sixteenth-century saint Ignatius of Loyola, is often prayed at the end of each day as a way to become more self-aware. What steps can you take to become more aware of your emotions and to grow through life's challenges?

FINAL THOUGHT

Which emotions might we struggle to accept? Why might this be?