



NURTURING EMOTIONAL WELL-BEING

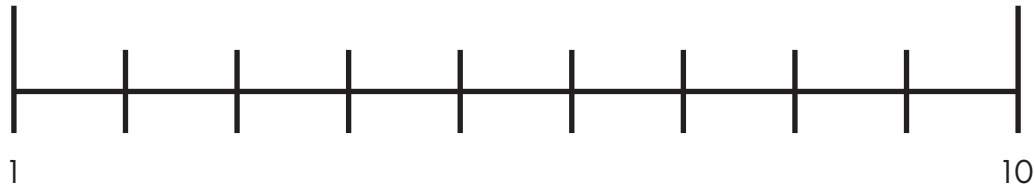
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Promoting Personal Mental Wellness

A Mental Wellness Continuum:

Often experiencing thoughts, emotions, and/or desires inconsolably

Often experience thoughts, emotions, and/or desires fitting to the circumstances of life with the ability to self-soothe*



On a scale of 1 - 10 where would you place your mental wellbeing right now?

What are some of the pieces that you have no control over? These may be potentially helpful or harmful (i.e. an actual physiological contributor, family of origin, cultural influences, trauma, the weather).

What choices are you currently making that are impacting your mental well being either positively or negatively? (i.e. diet, exercise, sleep, community, prioritizing, intimacy with God)

What is one change you could make in this next week that will enhance your mental well-being?

Is there a passage from the Bible or a biblical truth that has been effective in reorienting your thoughts, desires and/or emotions in a time of struggle?

If yes, what passage is it and how does it help you?

If no, who can you talk to about how to grow in this area of equipping yourself for mental well-being?