

Living Well

Greater Happiness and Deeper Peace
for your church and your community



FREE TRAINING AND MATERIALS
TO STOP STRESS, FIND MORE LOVE AND DEEPEN DISCIPLESHIP
FOR THE SPIRITUALLY INDEPENDENT, THE SPIRITUALLY PASSIVE AND THE LONELY
IN THREE GENERATIONS

Register at www.FindingMoreLove.info for **Online Training** and/or **Summer Workshops**

All workshops will be held from 5:30 to 8:30 pm at locations near:

Buffalo, July 15th & August 12th - **Syracuse**, July 23rd - **Utica**, August 28th - **Albany**, August 27th

Living Well is a new kind of program that:

- Reaches out to your community *and* your existing members
- Integrates theology with concepts from psychology and education
- Prompts all to consider the "spiritual piece of the wellness puzzle" to solve *any* problem
- Stimulates participation in your existing ministries and Sunday worship
- Encourages sensitivity to those whose gender, generation, orientation or culture differs from yours
- Encourages the development of new missional, small-group ministries

The major themes discussed in Living Well are:

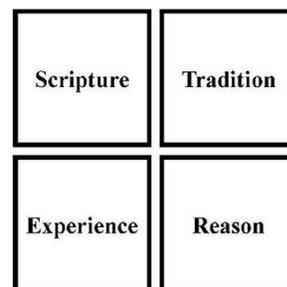
The Greatest Commandment and the Golden Rule are beacons that call us to love.

The Ten Commandments and the Lord's Prayer tell us how to love.

But it is our thoughts and actions that determine how much love we experience

The concepts used to consider our thoughts, actions and choices include:

The Quadrilateral (considering scripture, tradition, experience, reason) as a process to make theological decisions, and also make decisions about *any* important choice



The Satisfaction Skills as a process to improve communication, stop stress, deepen prayer and increase sensitivity

The Wellness Puzzle to remind us that any piece of this puzzle can harm or hurt the others—and to consider which piece is most important.

Action Guides (see back page) to start conversations and deepen them, while providing practical help and support.



Using the Action Guides

Most of the Action Guides (listed below) have these features. Use them as prompts to start a conversation, or deepen it, while providing practical advice and support.

Living Well
FOR SENIORS, OTHER ADULTS AND TEENS

Stop Stress

Joe stretched out as far as he could, his hand just inches from where the call button dangled. He waited, screaming inside. Trapped in his hospital bed. Pictures of wheelchairs and bed pans surged through his mind. But each time his focused back on his breath ...and those thoughts of peace.

From: "Trapped" - a Be

Learn to...

- Use four skills to reduce stress, improve communication and enhance peace of mind

The Satisfaction Skills are four choices that can help you stop the stress in your life. They only take a minute or an hour. Practicing them regularly in all your relationships. Then watch to see how those moments can grow into peaceful days.

Awareness is the choice to focus on what's most helpful. This includes:

- The present moment, instead of a troubled past or a fearful future
- Someone else's perspective, rather than just your point of view
- The spiritual, physical or emotional aspect of a situation.

Affirmations are positive statements or compliments like: "Thank you for your job"

- Affirmations can also be positive thoughts like: "I breathe in peace and out fear"

Assertiveness is the skill of telling people what you think, how you want.

- Assertive statements usually begin with "I am...", "I want..."
- Aggressive statement usually start with: "You are...", "You should..."

Acceptance doesn't mean giving up. Instead, it means letting go of fear or guilt, so you can find more peace in the present moment.

Acceptance may include thoughts such as:

- Forgiveness ends suffering
- What you want is okay

Do you use each skill equally in relating to ...friends? ...family? ...co-workers? ... or God?

For more information, please contact
Second Half of Life Ministries - www.NeverTooOld.net
Northeast Forum on Spirituality and Aging - www.NEFOSA.org

Does stress makes you blind?

Think of the last time you were stressed. What did you notice about yourself? ...and the world around you? ...The good stuff? ...or the bad stuff?

It's almost impossible to see or feel love - or anything good in your life - when you're stuck feeling guilty, fearful or stressed. The Satisfaction Skills can remove this "blindness" so you see more options, including the strengths you have.

Feelings affect the facts we see.

Forgive Yourself ...and others

If you don't forgive, you'll stay "blind." The Satisfaction Skills are practical steps to forgive yourself and others. If you're like most people, you'll need to keep using them over again. But, it's worth it!

If Spirituality is Important...

If a prayer is "any thought that connects us to God or God's creations," then the Satisfaction Skills suggest four ways to pray.

- Awareness can open your mind to the blessings, love and goodness that surrounds you now.
- Affirmations, such as praising the wonders of creation or the miracles of life, are an uplifting and common form of prayer.
- Assertiveness can be used to prayerfully describe your needs and feelings.
- Acceptance helps us recognize that we do not have the wisdom to predict the future or to understand God's will (e.g., as expressed in prayers like: "Thy will be done"). It helps us to trust.

You will get the most benefit if you use all the satisfaction skills in your prayers - just as all of them can help bring more love into your personal relationships.

So What? How has "stress blindness" affected you? If you've mostly seen the bad when you're stressed, have you made bad decisions? ...about yourself? ...about others? ...and about God? How could the Satisfaction Skills help you forgive yourself, others and God?

Now What? What can you do stop your stress? ...for a minute? ...a day? ...Or longer? How can you help friends and family to have less stress? ...and less stress blindness? Who could help and support you?

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Action Guide topics include:

Stop Stress; Pray; Find More Love; Aging, Sage-ing and Spirituality; The Care and Feeding of Your Brain; Eliminate Abuse; Stop Bullying; Caregiving; Coaching Conversations; End of Life, the Law and New Beginnings; Healing, Hope and Hospitals; Financial Peace and more.

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