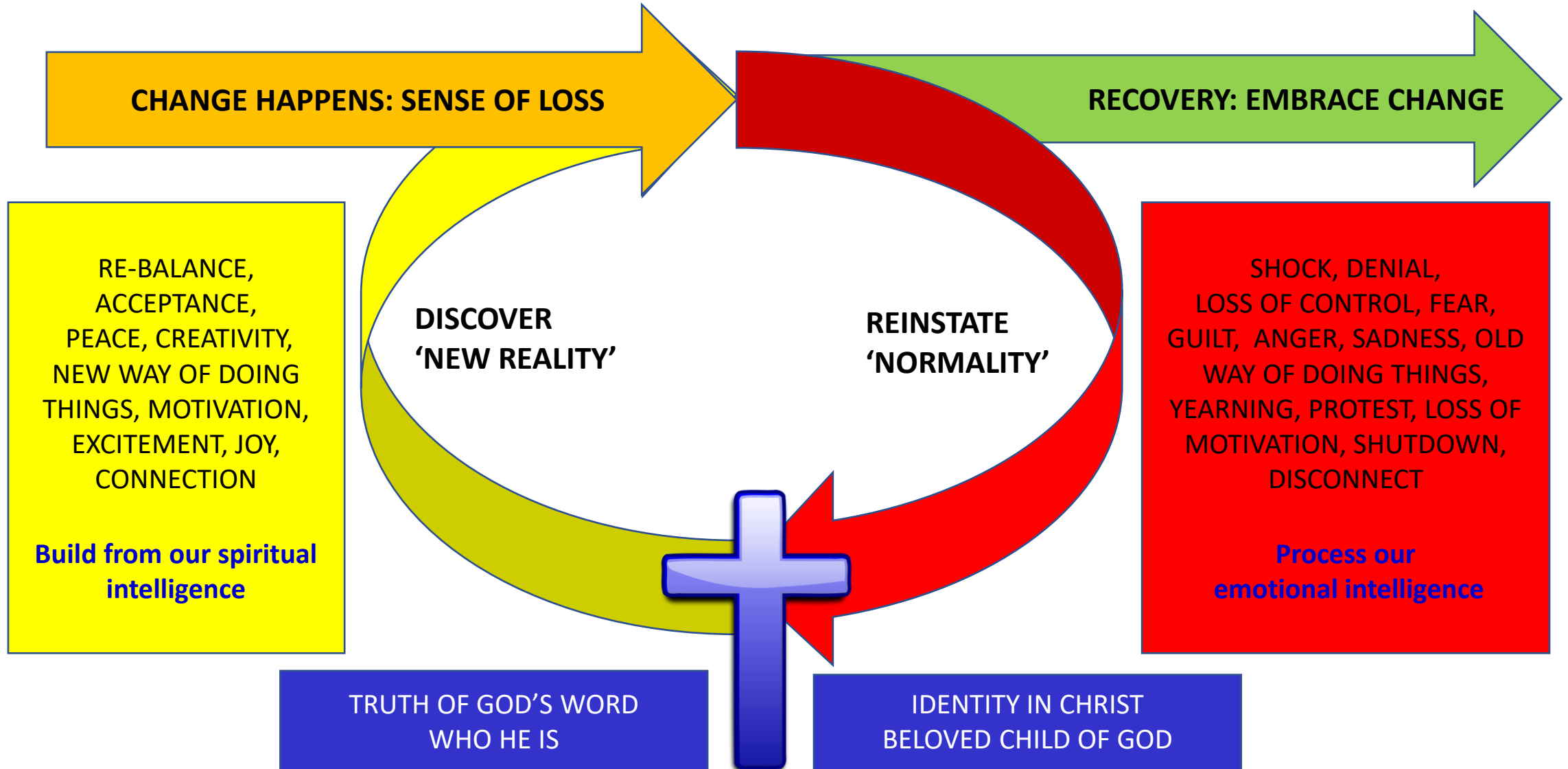




Keeping emotionally balanced
in challenging times

“... a new thing... for such as time as this”





Covid-19 restrictions:
a new reality and
way of living!

What's your perspective?

Ways to Manage Personal Resilience

Score 1-10

Being rigid in the
face of change

1



10

Adapting flexibly
to changes

Not accessing the
right support
around

1



10

Having good
Support around

Losing Work/
life balance

1



10

Maintaining
Work/life balance

A lack of goals
& purpose

1



10

Identifying goals
& purpose

Emotional
mismanagement
Loss self-belief
& confidence

1



10

Emotional
management
Strong self-belief
& confidence

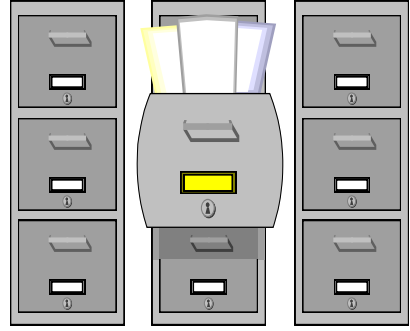
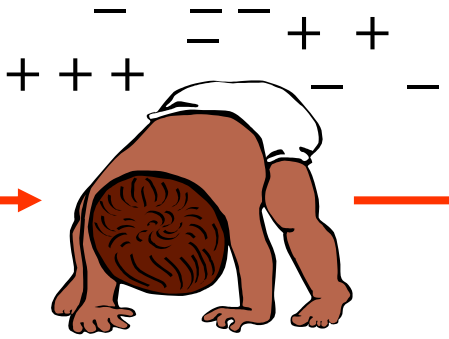
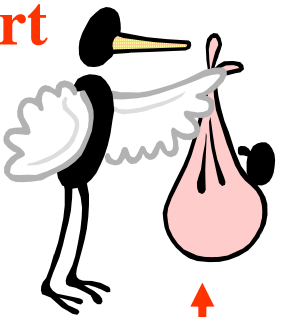
James 1:6

“Like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord: such a person is double-minded and unstable in all they do”



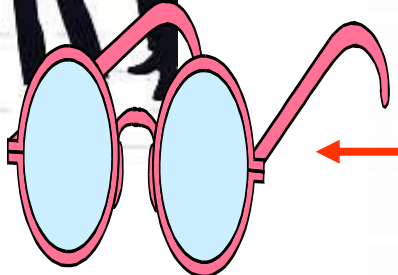
How our belief system is created

Start



Mood music in the room

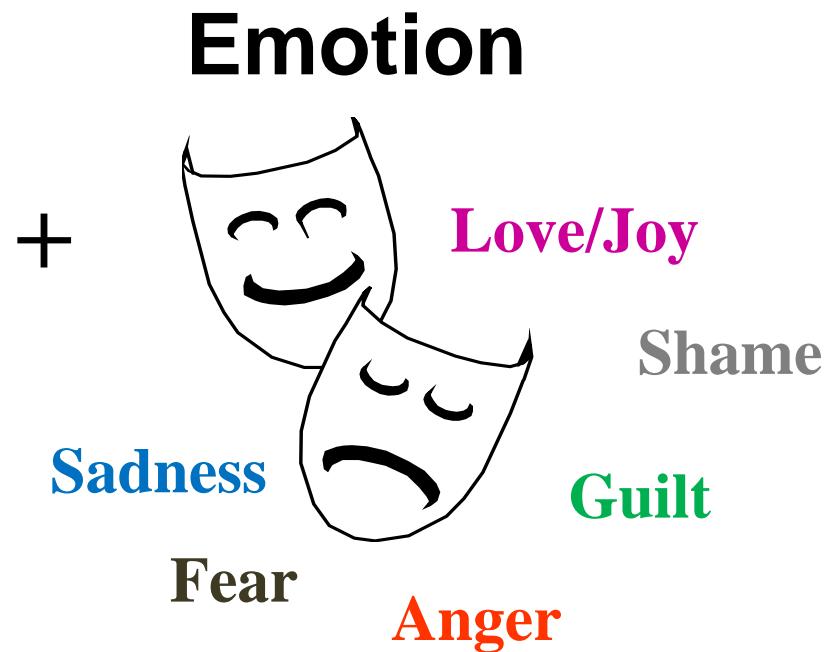
A cluster of colorful speech bubbles containing the following words: responsible, ignored, Not good enough, stupid, happy, angry, fear, and sad.

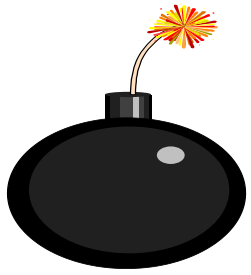


Prettier, cleverer, more popular?



A Trigger consists of:-





Examples of Triggers

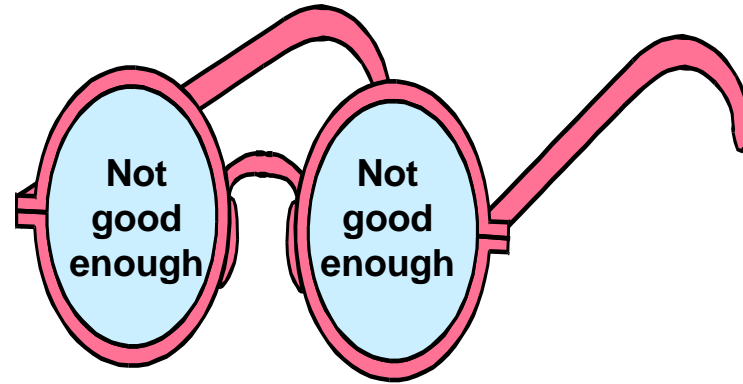
Alone
Abandoned
Authority
Bad
Be Perfect
Be Strong
Better than
Betrayed
Commitment
Controlled/Controlling
Critical
Disregarded
Disrespected
Duty
Equality
Failure

Impatient
Intolerant
Injustice
Irresponsible
Less than
Loss
Loyalty
Manners
Money
Not Good Enough
Out-of-Control
Powerless
Public Embarrassment
Rebel
Rejection
Respect

Responsible
Stupid
Trust
Ugly
Undeserving
Unimportant
Unlovable
Unsafe
Unsupported
Unwanted
Unworthy
Valueless
Victim
Weak
Worry
Wrong

Projection and Reflection

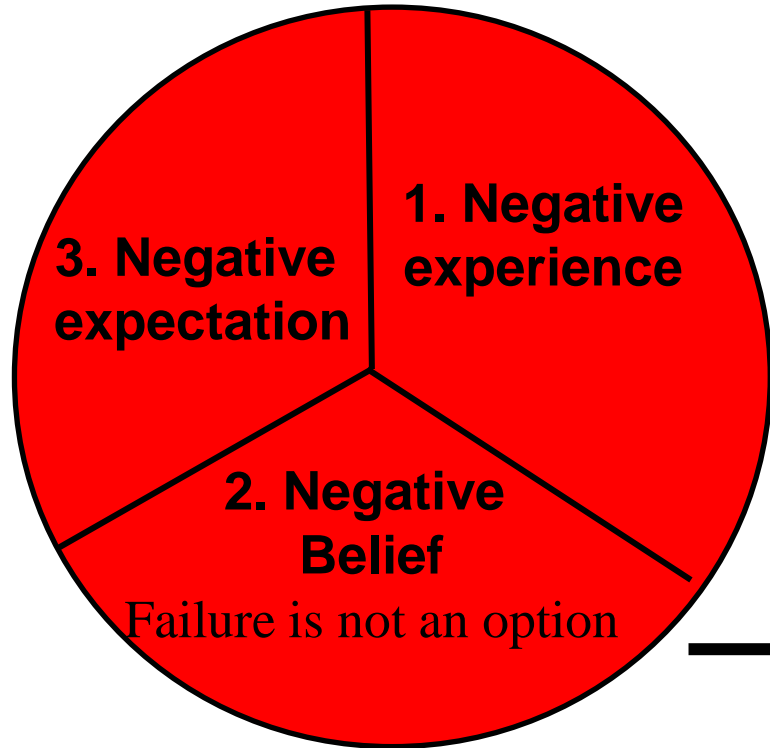
“The more I believe **it** the more I see **it** and the more I see **it**, the more I believe **it**”



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

Disarming Triggers

Cycle of Captivity



Cycle of liberty



2 Corinthians 5:17-18

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.”



2 Corinthians 10:5

“Take captive every thought to make it obedient to Christ.”

Recognise, Repent, Renounce, Replace

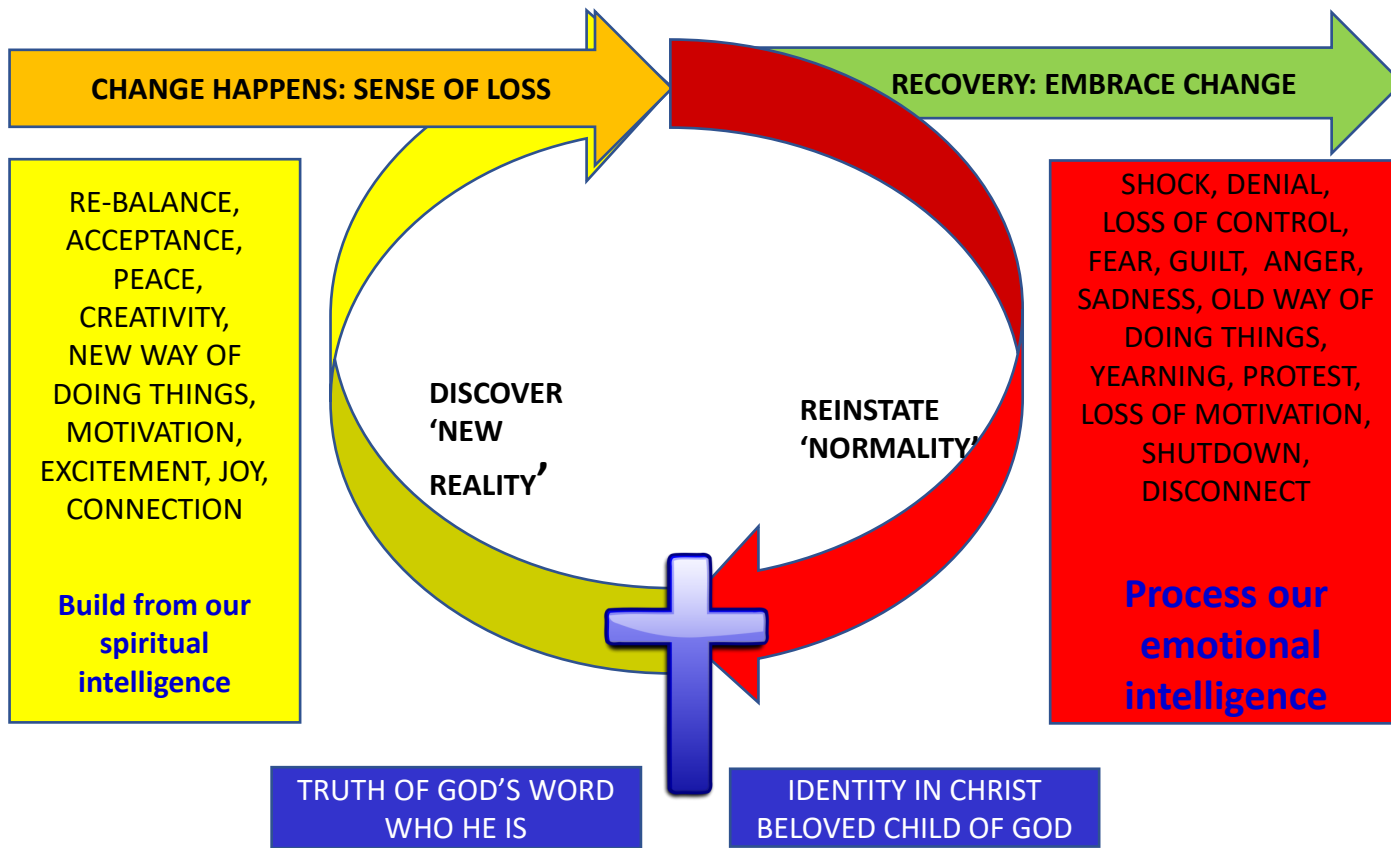


Keeping emotionally balanced

Triggers go off when we are tired, stressed, unwell and out of balance!

1. Create work/life balance: clear boundaries, decompress time, manage distractions
2. Prioritize time with God – feed yourself spiritually/relationally
3. Be aware of your internal chatterbox voice – ‘request denied’
4. Be honest and authentic with thoughts and feelings (no masks)
5. List and celebrate successes alongside thanking God daily
6. List and celebrate what you are grateful for everyday (even in tough times)
7. When people acknowledge you, absorb and thank.
8. Don’t compare yourself to others – you are unique, run your own race
9. Learn to say “no” rather than over-allowing around others
10. Have a ‘should’ free day. Prioritize and the rest can wait.
11. Participate in life – purposeful work, friends, family, activities you enjoy
12. Plan in rest time each week – you are not designed to work 24/7
13. Consider what you eat and drink and your sleep and exercise patterns
14. Plan holidays to ensure you get a break
15. Set and write down goals - review them regularly

“... a new thing... for such as time as this”



“See, I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland”

Isaiah 43:19