

# Flourish!

Choose well – Think well – Live well

## 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 something to distract you from your negative thoughts.**

Learning something new can take your mind off 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 taster days or 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.

- Try doing a jigsaw puzzle, reading, or 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.

Choose a word with at least 10 letters that you really like. Maybe it has a special sound, or meaning, such as 'serendipity'. Then try to make at least thirty other words out of the letters.

- **Set yourself a creative challenge, such as looking for the shapes of letters in the world around you and taking photos of them to spell your name or create a message.**