

Flourish!

Choose well – Think well – Live well

Help When You've Had a Challenging Day

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.' Isaiah 41:10 NKJV

Check in with yourself and reflect on the emotional balance of your day. You can do an assessment at www.positivityratio.com. If you have experienced lots of negative (draining) emotions in your day, then you may need to rebalance yourself by choosing to do some of the activities on the other 'Flourish!' posters.

During the evening, choose to spend time doing an activity you really enjoy. Watch something funny, go for a brisk walk in a park or in your favourite place, listen to your favourite music, play a game, chat with a friend, read an interesting book, have a warm bath, light a candle... Whatever makes you feel happier and more relaxed.

- Reflect on the following questions to help you focus on the positive aspects of your day.
 - What are you most thankful for today? Name 3 things.
 - Where did you see God at work today?
 - What did you do, with God, to share His love with others?
 - What went well today? List 3 things and think about the choices you made that contributed to their success.
 - What did you learn today that has made you a wiser or more capable person?
 - What made you happy today, or made you laugh?

Writing down your challenges and troubling thoughts can help you to clarify them, clear your mind and let them go. You could also imagine that you are hanging them on a tree for the night, and that you will pick them up again tomorrow if you still need to work on them.

If you live with other people, share your stories of the day together. Comfort the sad moments. Do something kind for each other, appreciate each other, help each other, and encourage each other. Let them know how special they are to you. Work on something enjoyable together. Sharing your day together will help you to feel less alone with your challenges. Warm and positive relationships with other human beings help us to manage the ups and downs of life in this unbalanced world.

- Draw around your hand, write your concerns and worries on the fingers, and then imagine that you have placed them in God's hands for the night, as He is the best person to deal with these complex issues.

If you have had a traumatic or sad experience in the day, it's good to talk about it with someone who cares for you, and who can comfort and support you. Having your experience soothed by someone else before bedtime could also help to protect your emotional health.

- **Sleeping on an unresolved conflict can cause anxiety and depression and increase your stress load. So, try to work things out together before bedtime.**