



Healthy and Happy

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Transforming emotions

- ▶ Paul was in jail.
- ▶ He was awaiting execution.
- ▶ Yet his letter to his friends in Philippi was full of joy...

Paul's positive approach to life

Rejoice in the Lord always. I will say it again, rejoice!

Do not be anxious about anything, but in every situation, by prayer and petition, present your requests to God.

The peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.

If there is anything excellent or praiseworthy, think on these things.

What are emotions?

- ▶ Emotions are invitations to connect with others (Romans 12:15 – be happy with those who are happy and be sad with those who are sad.)
- ▶ Emotions are our natural responses to living in a world that has chaos and pain, as well as beauty, love and joy.
- ▶ Emotions are information signals from our body to help us respond appropriately to our experiences.



Ice Breaker

- ▶ Find a partner.
- ▶ Introduce yourselves.
- ▶ Tell each other one of the happiest moments you experienced in the past week.

Negative and Positive Emotions

Negative emotions are **not bad** emotions. They are the feelings that **drain** us.

Positive emotions are the feelings that **fill us up** and help us to **flourish**.

Feelings are not good or evil.

We can choose how we respond to our feelings, even when we are in difficult circumstances (Philippians 4).

Feelings are not shameful

- ▶ Feelings are natural responses to our life experiences.
- ▶ Jesus experienced negative and positive emotions.
- ▶ Don't dismiss people's feelings or shame them for having negative feelings.





Emotional balance

Why is emotional balance important?

Like a cup cake...

- ▶ Healthy and happy emotions are *not* just the icing on the cake of life.
- ▶ They are the cake itself...



Why are positive emotions so important?

Positive emotions broaden our minds

Positive emotions help us recover from stressful situations

Positive emotions help build resilience and strengthen us to face challenges

Positive emotions also help us to be loving and loveable people.

Emotional balance

- ▶ Most people have a 2:1 ratio of positive to negative emotions.



- ▶ We usually have much better emotional health when the ratio is *at least* 3:1.



- ▶ See www.positivityratio.com

Emotional balance

What are some of the negative emotions that prevent us from living happy, hopeful, loved and satisfied lives?



Negative emotions

Anger

Contempt

Disgust

Embarrassment

Fear

Frustration

Guilt

Sadness

Shame

Stress



Understanding emotions

- Some negative emotions are a normal, healthy response to a sad or challenging situation
- Other negative emotions can drag us down into despair and we can feel hopeless, or too sad.



Anger

Feeling displeasure, hostility or antagonism towards someone or something.



Contempt

Feeling very disrespectful towards someone or something, having a bitter sense of superiority.





Disgust

A feeling of being revolted by something or someone that sounds, feels, looks, tastes or smells horrible.

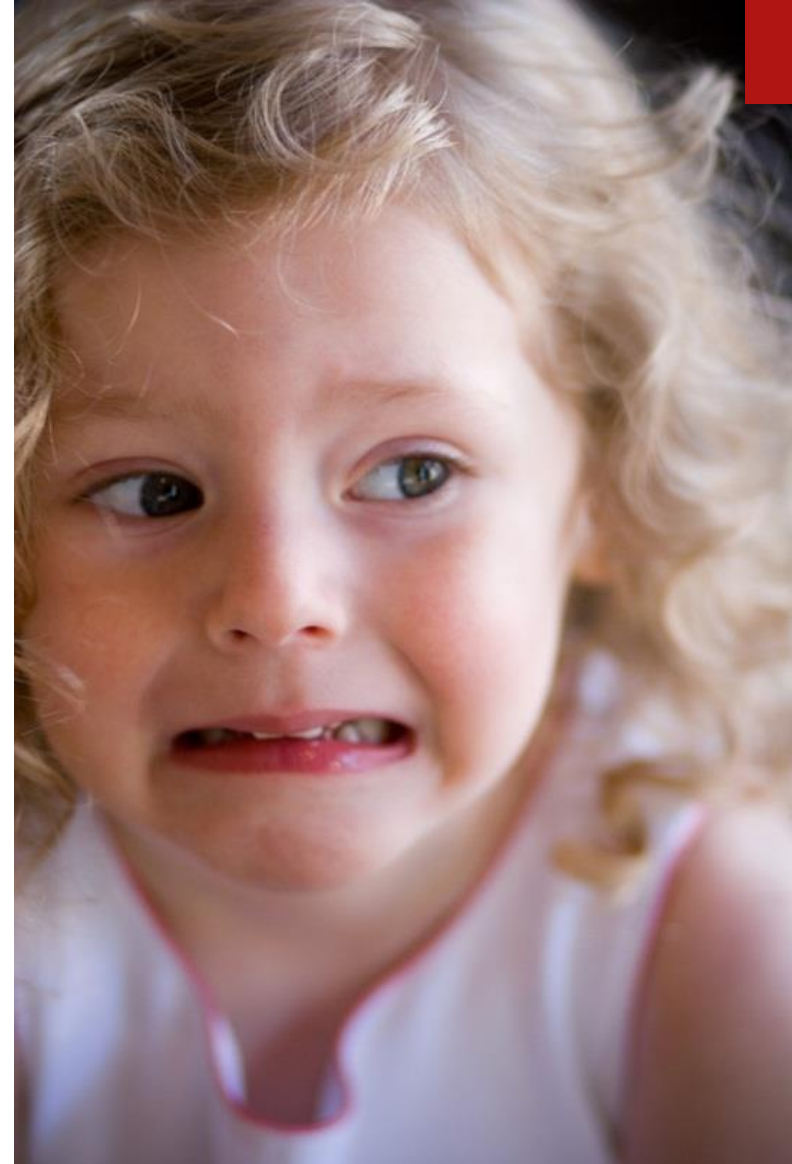
Embarrassment

A feeling of shame when something you did wrongly or badly is made public.



Fear

A feeling of anxiety about a real, possible or probable situation that you feel unable to handle well.





Frustration

A feeling of irritation when it takes longer to reach your goals than you expected, or when someone is critical of you when you are trying your best.

Guilt

Feeling remorseful, sad and responsible when you think you have done something wrong or hurt someone.



Sadness

Feeling a sense of loss or feeling disadvantaged, helpless, alone, or misunderstood.



Shame

Feeling inadequate or guilty, or made to feel inadequate or guilty by others.





Stress

Feeling that you're being asked to do more than you can manage, and maybe if you don't work hard enough you'll be seen as a failure.

Healthy Happy Emotions

What are the top ten positive emotions that help us to flourish?



10 most common positive emotions

Fun

Gratitude

Inspiration

Joy

Serenity

Hope

Interest

Feeling
valued

Awe and
wonder

Love



Amusement and laughter

**Laughing and smiling at
something unexpected,
unusual and safe.
Laughing with others and
not at others**

A cheerful heart is good
medicine. Prov. 17:22 NIV



Amusement and laughter

- ▶ Share something funny with your group each day.
- ▶ Invite others to share examples of good humour.
- ▶ Have unexpected 'crazy' moments once in a while.



Awe and Wonder

A sense of wonder about something beautiful in nature or in another person.

How many are your works, LORD!
In wisdom you made them all; the
earth is full of your creatures.

Psalm 104:24 NIV



Awe and Wonder

- ▶ Start a nature corner in the classroom or a Wonder Wall in the hallway.
- ▶ Encourage students to take time to slow down and pay close attention to God's creation.
- ▶ Hold a photography competition or exhibition encouraging older students to take beautiful photos of nature, sky, etc.

Thankfulness

Appreciation of something or someone who makes our life better, more comfortable or more enjoyable.

Give thanks in all circumstances.
1 Thess. 5:18. NIV



Thankfulness

- ▶ Ask the class to name things that they are thankful for beginning with each letter of the alphabet.
- ▶ Watch 'A Good Day' with Brother David Steindl Rast.
- ▶ Give students gratitude diaries to complete – three things a day.
- ▶ Make thank you cards.
- ▶ As a school, do things that show your gratitude to others in your community – police, hospital etc.



Hope

The belief that things can and will change and improve.

For I know the plans I have for you...plans to give you hope and a future. Jer. 29:11 NIV.



Hope

- ▶ Make sure that children/students always have something to look forward to.
- ▶ Plan simple celebrations and treats – outings and chapter stories.
- ▶ Look out for those who are discouraged and find ways to nurture their hope.



Inspiration

Being inspired by God or spiritual insights. Recognising excellence in another person.

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Phil. 4:8 NIV



Inspiration

Think of a person who inspires you. Tell the person next to you who they are and how they have inspired you.



Interest

Being intrigued, fascinated, absorbed or challenged by something new.

A desire to explore and discover. Having absorbing hobbies.

Proverbs 31 – the noble woman has many interests.



Interest

- ▶ Visit galleries and museums, farm centres, etc.
- ▶ Invite people with different hobbies and interests into the school to demonstrate and provide taster sessions.
- ▶ Pathfinders offers a range of interest experiences.



Joy

**A feeling of happy
delight and freedom.**

Rejoice in the Lord
always. I will say it
again: Rejoice!
Phil. 4:4 NIV.



Joy

What was one of your happiest moments in the past week, and what made it so happy?



Joy

- ▶ Invite children and students to identify the happiest moments in their day/weekend, etc.
- ▶ Encourage them to find the joy in simple everyday experiences.
- ▶ Allow space for them to do what fills them with joy.





Healthy pride

- ▶ **Feeling that what you do is valued by others.**
- ▶ **Satisfaction in a job well done.**

Whatever you do, work at it with all your heart, as working for the Lord, not for men. Col. 3:23, NIV.



Healthy pride

- ▶ Reward effort rather than achievement.
- ▶ Encourage them to look at what they have done well rather than focus on their mistakes.
- ▶ Help children and students to set and reach their own goals.
- ▶ Let each child/student know what you value about them.

Serenity

**A feeling of peacefulness,
stillness, calm and contentment.**

And the peace of God...will guard
your hearts and your minds in Christ
Jesus. Phil. 4 6-7. NIV



Serenity

- ▶ Create a quiet space in the school or class where children can be quiet and peaceful.
- ▶ Try bubble breathing.
- ▶ Know what helps to calm – a drink of cool water, smelling lavender and citrus, listening to soothing music, etc.



Love

A blend of many other positive emotions experienced within a warm, close, safe and caring relationship.

God is love...we love because He first loved us. 1 John 4:19



Love

What helps you to feel especially loved?

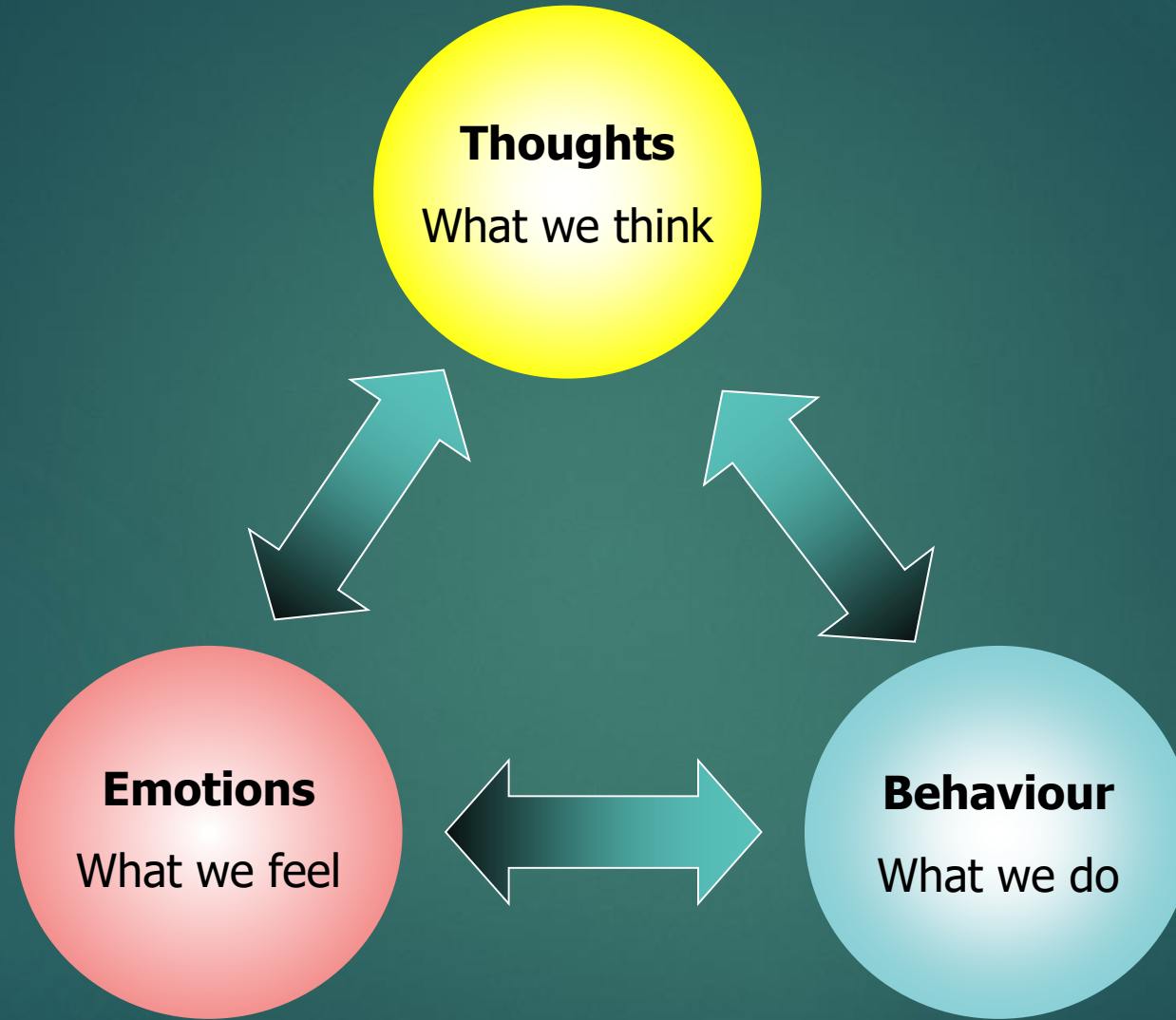
- ▶ Kind words
- ▶ Being helped
- ▶ Thoughtful gifts
- ▶ Time with those you love
- ▶ Physical affection - hugs



Love is Kind

- ▶ Being kind to others is good for your emotional wellbeing – whenever you are kind to others you usually feel happier too.
- ▶ Being kind can be very effective in helping sad people to feel happier.





It's a matter of perspective

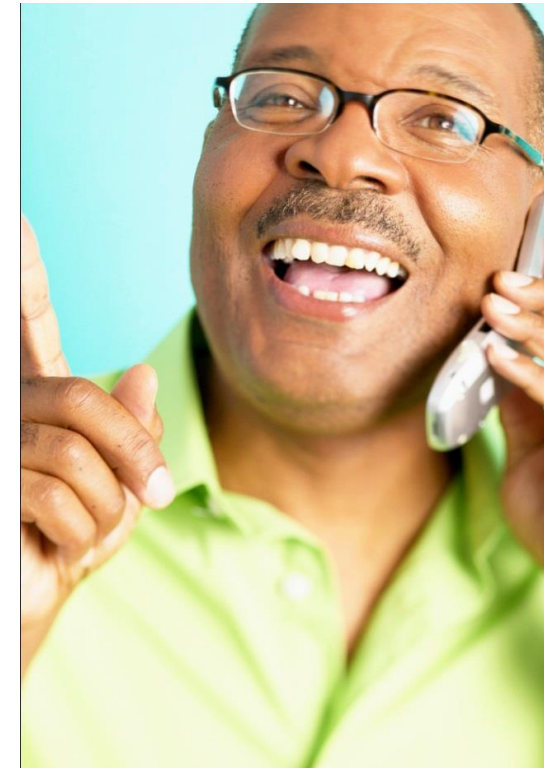




It's a matter of
perspective

Nurturing healthy positive emotions

- ▶ Enjoyable exercise
- ▶ Thinking positive thoughts
- ▶ Watching a funny movie
- ▶ Thinking about what went well
- ▶ Time with those we love
- ▶ Spiritual activities
- ▶ Helping others, etc.



5 Ways to Emotional Wellbeing

- ▶ Connect with others spiritually, emotionally and socially
- ▶ Be active
- ▶ Pay attention to the details of nature, life, beauty, & relationships
- ▶ Give generously
- ▶ Keep learning and growing



Be an example



- ▶ Let your students see how you manage your own negative emotions and how you stay calm in challenging situations.
- ▶ Talk about how you manage your negative emotions.

Broaden emotional vocabularies

- ▶ Make lists of 'emotion' words to broaden your emotional vocabulary and the emotional vocabulary of students.
- ▶ Point out the different emotions experienced by characters in books.
- ▶ Do art, writing, music and drama projects that explore emotions



Listen for possible emotions

- ▶ Listen to their stories.
- ▶ Reflect back what they say to show you are listening.
- ▶ Identify possible emotions...it sounds as if you might be feeling...





Encourage children and students to find their own solutions

- ▶ Support children and students in finding their own solutions rather than trying to fix things for them.
- ▶ Pray, search Bible, and explore Internet for wise ideas, etc.
- ▶ Instead of offering advice, ask useful questions. "I wonder what might happen if...?"

Helping children to manage negative emotions

- ▶ Notice when children manage their difficult feelings well and praise them for their efforts.



Helping children to manage negative emotions

- ▶ Support children when you are helping them to manage their strong feelings, but set limits so that they know when they are behaving inappropriately.



Find a distraction and help them experience flow

- ▶ Everyone benefits from finding a good hobby that they can do regularly.
- ▶ Help students to find the activities that interest them, bring them joy, and absorb their focus.
- ▶ Discover the things that interest you and bring you joy, too.



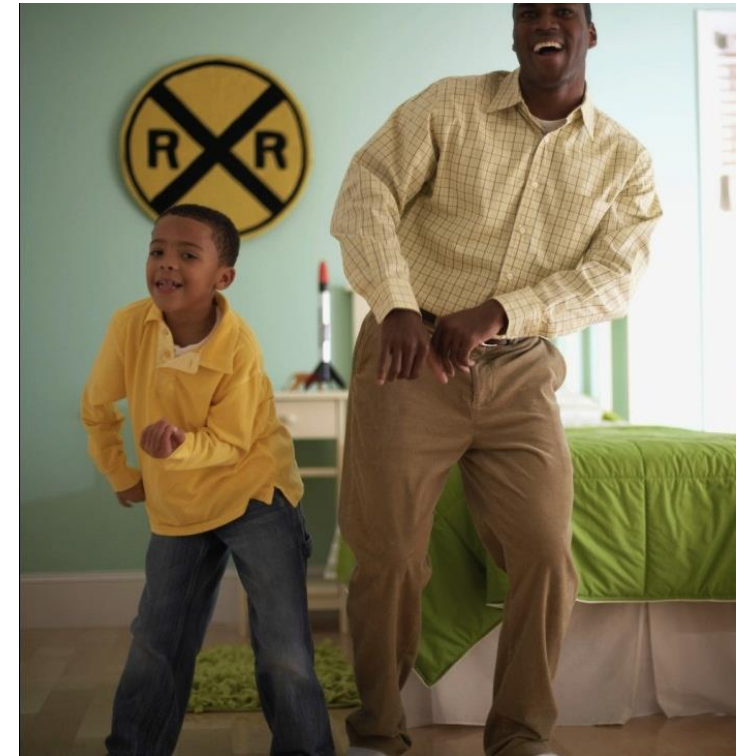
Encourage kindness

- ▶ When we are kind to others we feel good too.
- ▶ Look for ways your students and school can serve others in kind ways.
- ▶ TED live:kind ideas
- ▶ TED – Departments (FM) – Resources – printable idea sheets



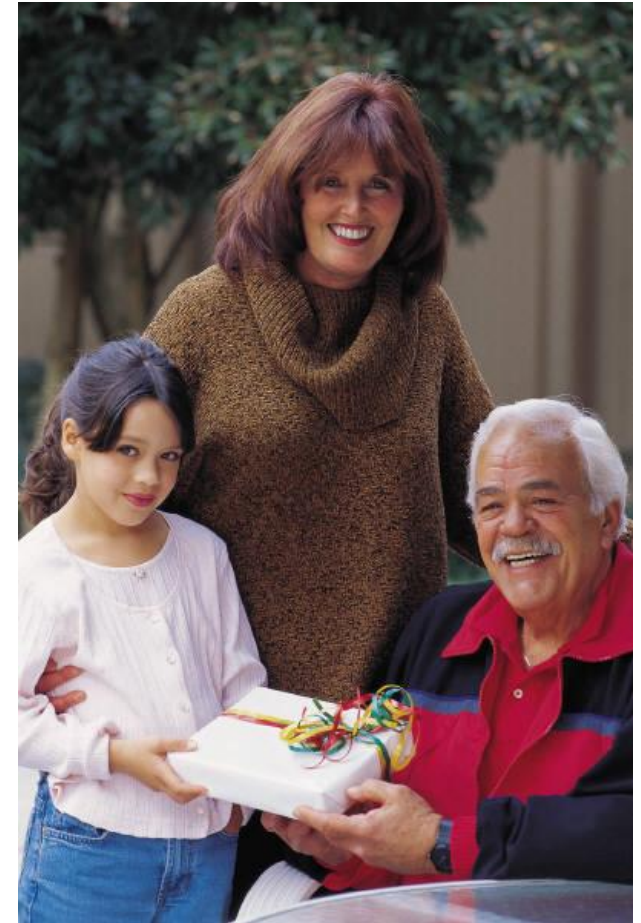
Laugh before you learn!

- ▶ Take time to do things that make you laugh – it's a good medicine for all kinds of life situations.
- ▶ Get students smiling and happy before you teach them something new or challenging.



Be a positive role model

- ▶ Be a good role model – live your life filled with positive emotions such as joyfulness and gratitude.
- ▶ Share positive emotional experiences with others too.



Remember happy times

- ▶ Help children and students to remember their happy experiences through art projects and photograph exhibitions about positive emotions.
- ▶ Set writing tasks and projects that focus on happy experiences and emotions.
- ▶ Share good news/testimony times together



What went well (WWW)?

- ▶ At the end of each day encourage children and students to think about three things that went well.
- ▶ (WWW – what went well?)



100 Creative Writing Activities

To Promote Positive Thinking

Karen Holford

Speechmark

Writing activities

100 creative writing activities to promote positive thinking

Karen Holford 2017

Taylor & Francis

Experience peace

- Provide a special place in your school where children and students can be quiet and peaceful, and where they can pray and think happy and healthy thoughts.
- Where can you pray and reflect?



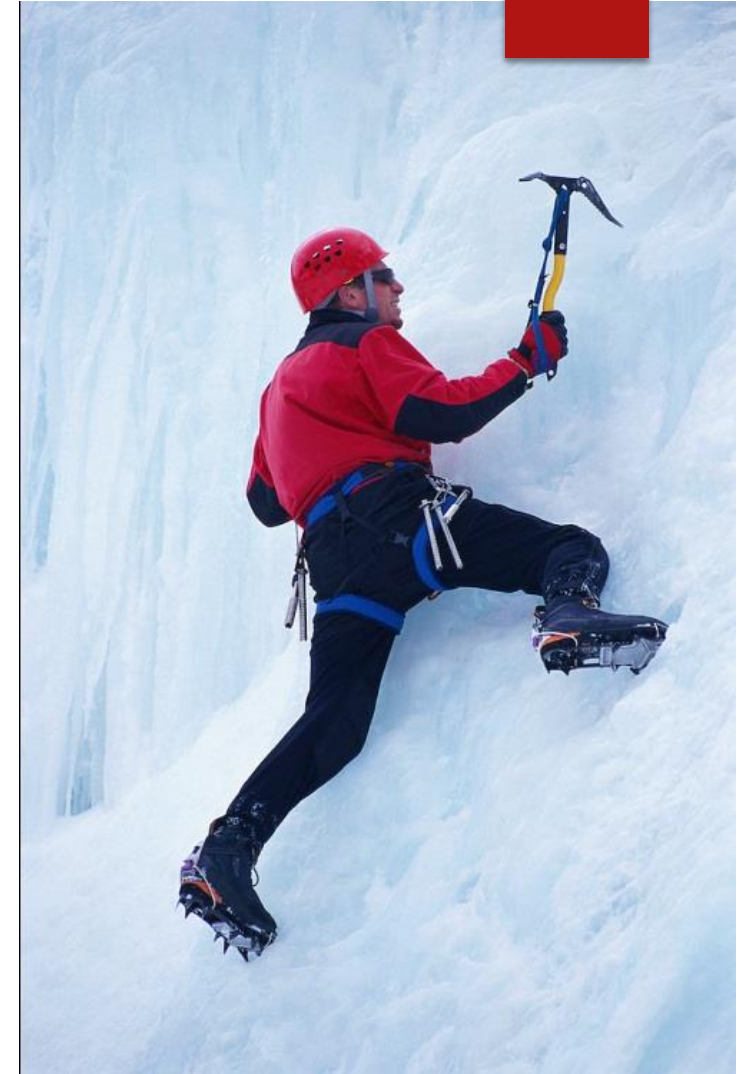
Be thankful

- ▶ Encourage children and students to be thankful for the people and things they have in their lives.
- ▶ Be thankful as often as you can, too. Gratitude increases your joy.
- ▶ Watch 'A Good Day' with Brother David Steindl Rast



Be inspired!

- ▶ Inspire children and students by taking them to events where they will see excellence in their area of special interest.
- ▶ Show them documentaries and films, or read books about the lives of inspiring people.



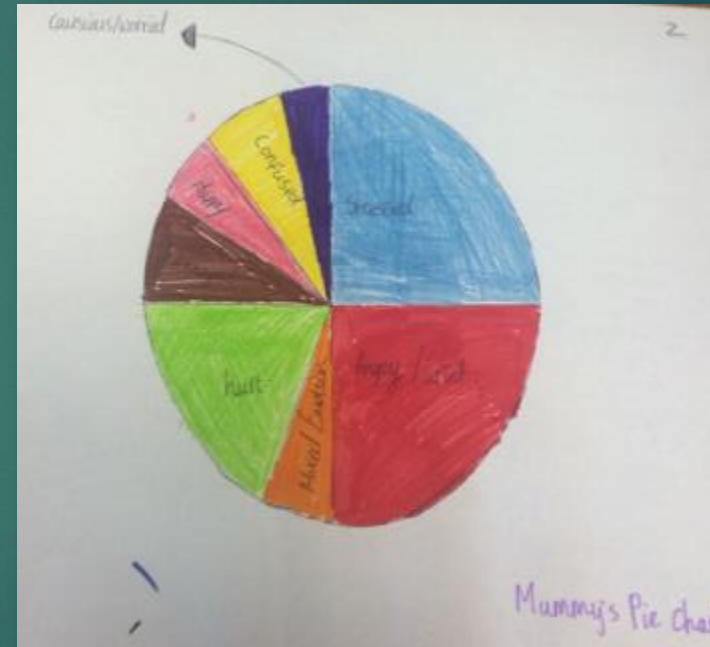
Make happy and healthy choices

- ▶ Find ways to fill your life with as many positive emotions as possible.
- ▶ Choose to do the things that nurture your healthy emotions.
- ▶ Focus on the positive and believe the best. (Phil. 4)

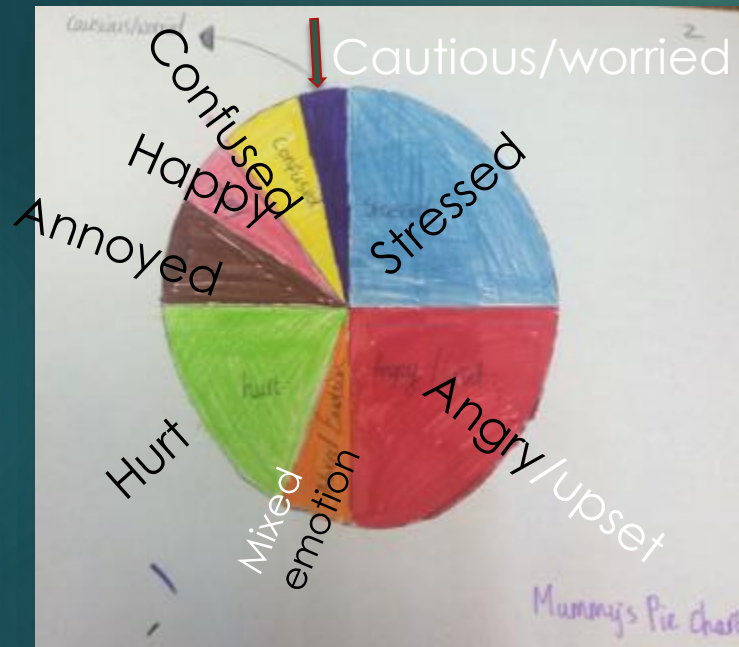


Emotional Pies

- Emotional 'pies' are pie charts showing our emotions.
- They can help us to understand our emotions and the emotions of others.
- Empathy and support.



Emotional Pies



- I am most likely to feel this when...
- When I feel this I show it by...
- When I feel this I need other people to...

What about our own emotional balance?

In twos:

- Discuss how the healthy emotional balance of a parent or teacher will also help a child or student to experience positive emotional balance.



Reflecting

- ▶ Reflect on what you have just learned.
- ▶ What new ideas interested you most?
- ▶ What would you like to implement in your class/school?
- ▶ What will you implement in your own life?



