Flourish!

Choose well – Think well – Live well

Choose to Manage your Thoughts!

Finally, brethren, whatever things are true…noble…just…pure…lovely… of good report…meditate on these things. Phil. 4:8 NKJV

Whatever is happening in our lives, we can, like Paul in prison, choose to focus on the good things in our lives.

Whenever you feel weighed down by draining and negative emotions, hit the pause button, and refresh your mind by thinking about the good and positive things in your life. Read Psalm 103 and be reminded of all God's goodness and love towards you.

- **List all the feelings you have right now. Draw a circle and make a pie chart of how much of each emotion you are experiencing. What helps to soothe your challenging emotions?**

Make sure you get plenty of sleep and healthy food. When our bodies are healthy it helps us to feel happier too.

Think of 3 times when you felt calm and happy. What made you feel so good? How can you do more of that?

Talk about how you are feeling. 'In this situation… I feel…because…and it would really help me if you could do this… What are you feeling? And how can I help you, too?'

Do your favourite energetic active for a few minutes to help re-energise you. Notice how you feel before you start, and then how you feel afterwards.

God's love for you is powerful, deep and unchanging. Imagine He is writing a letter to encourage and comfort you today. Write out that letter and read it aloud to yourself.

- Every day we experience negative emotions that drain us, and positive emotions that top us up. These feelings are not good are bad – they are normal responses to living in our broken world. Negative emotions are feelings like anger, frustration, fear, stress, guilt, shame, disgust, and sadness. Positive emotions are love, joy, peace, hope, inspiration, wonder, gratitude, fun, etc. But, whatever we are feeling, we can also choose to experience some of the positive emotions that rebalance us and help us to experience the abundant life that Jesus came to give us (John 10:10).

If you live with others, check in together once a day. Share one of your challenging, 'negative emotion' moments together and soothe each other. Then share one of your happy, 'positive emotion moments' and celebrate together. Romans 12:15.

- **Imagine that you are having a good night hug on Father God's lap. What will you tell Him about your day, and how will He gently and lovingly respond to you?**

This poster is part of the Trans-European Division project "Flourish!".
For more ideas to help you flourish, please visit the TED Children's Ministry Resource pages at www.ted.adventist.org