



**BECOME
DURABLE**

The background of the image consists of numerous strands of golden beaded garlands. The beads are small and round, and the garlands are draped and layered, creating a dense, shimmering texture. The lighting is warm, highlighting the metallic sheen of the beads. A central white rectangular box is overlaid on the image, containing the name 'CHRISTINA BAIRD' in a bold, black, sans-serif font.

CHRISTINA BAIRD

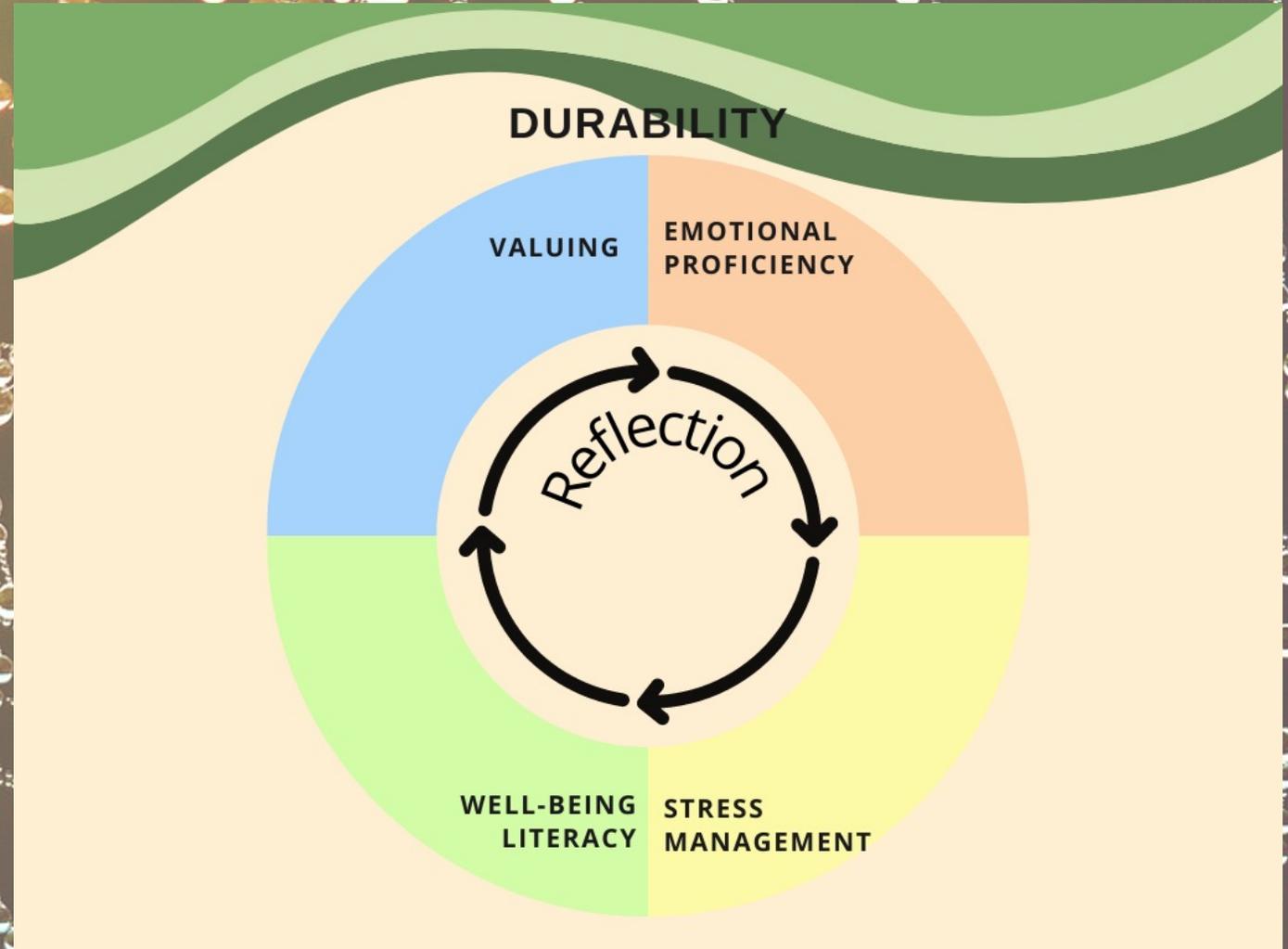
TODAY'S PLAN



**WHAT DOES
IT MEAN TO
BECOME
DURABLE?**



5 KEY COMPONENTS



BE THE STEWARD OF YOUR WELLBEING

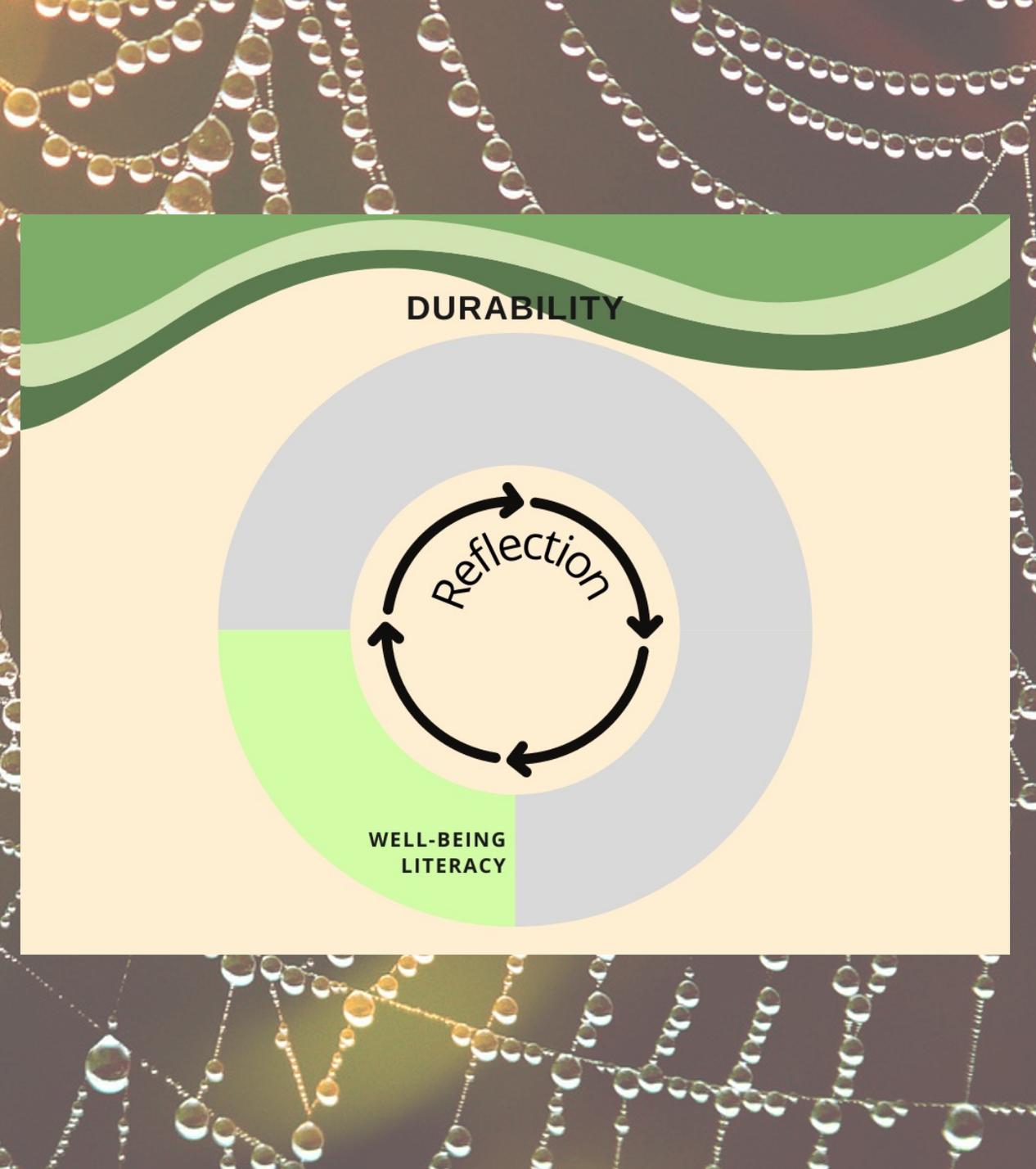
Believing that you are responsible for your own wellbeing

Believing that you can take action to improve it

Finding good information about wellbeing

Applying it

Reflecting on its effectiveness



BE THE STEWARD OF YOUR WELLBEING

No one else will take responsibility for your wellbeing

It is difficult to take action

This will enhance your durability

STEWARD YOUR WELLBEING

Challenge – Think back over the last week. Notice one area where your well-being doesn't feel as good as it could be.

Find some solutions

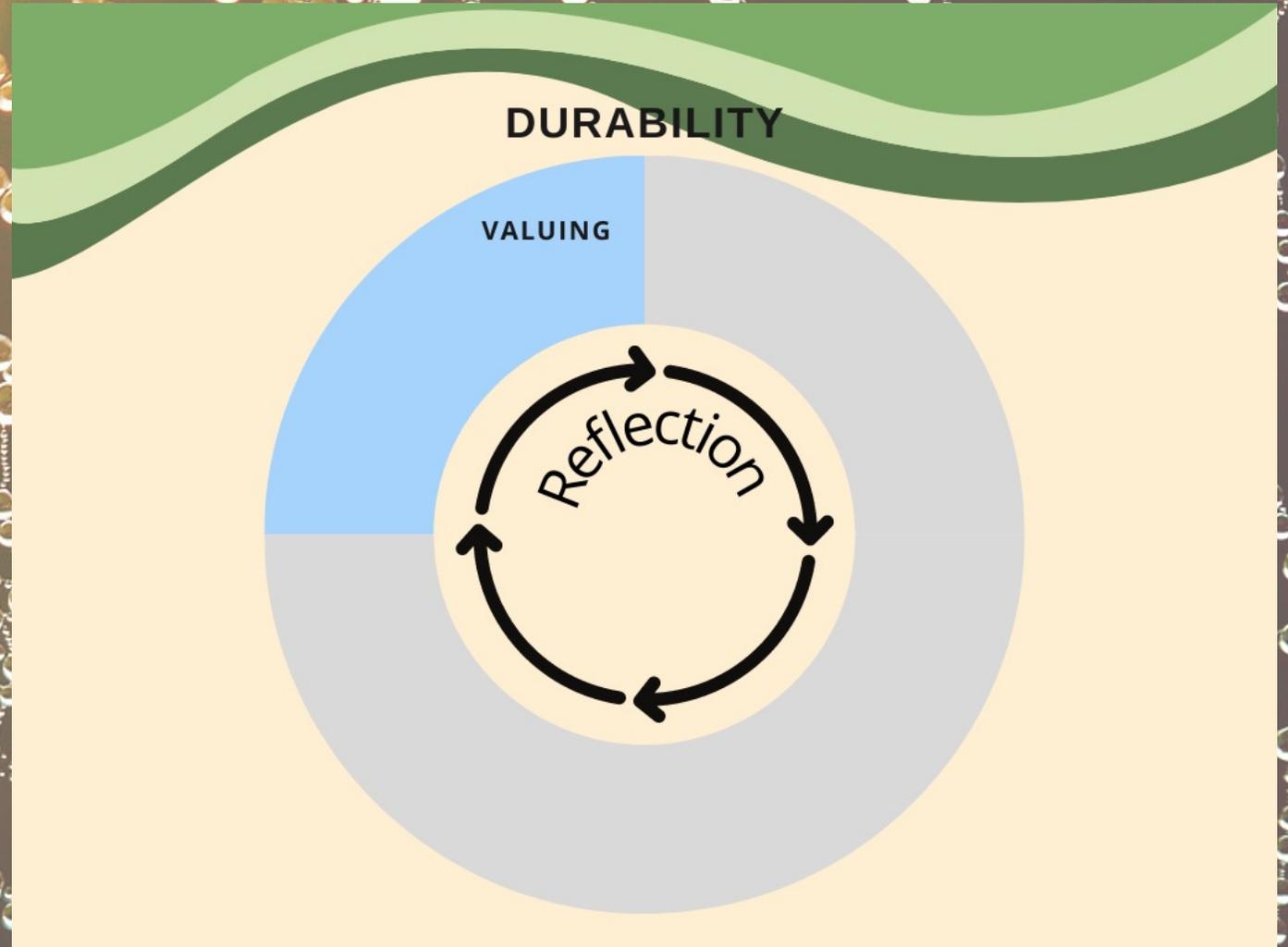
Try them

Evaluate

Try again

WIGGLE YOUR OWN TOOTH

VALUING



WHAT ARE VALUES?

- Values are “enduring beliefs about important life goals that transcend specific situations” (Franzoi, 1996, p.173).
- They tend to be somewhat abstract
- Sometimes asking yourself what do I want to stand for can help elicit important values.

WHY ARE VALUES IMPORTANT?

Values motivate us towards change

Values give us a reason to do difficult things

Values provide consistency in the face of uncertainty - no matter what happens I can try to act on my values

Values enhance our wellbeing by helping us create meaning and purpose

Values can help us understand conflict and resistance

Values help us be adaptable

VALUING

- Values are directions not destinations
- We are not encouraged to discover and express our values
- The challenge is to take them from the abstract into qualities of action
- They provide stability, well-being and motivation for change.

VALUING

Discussion

1. Have you ever spent the time identifying your values? What was that experience like?
2. Talk about a time that you felt very angry – what was the quality that you valued that was being threatened in this situation?
3. If someone was writing an article about you, how would you like them to describe you? What actions would they see that demonstrated those qualities?

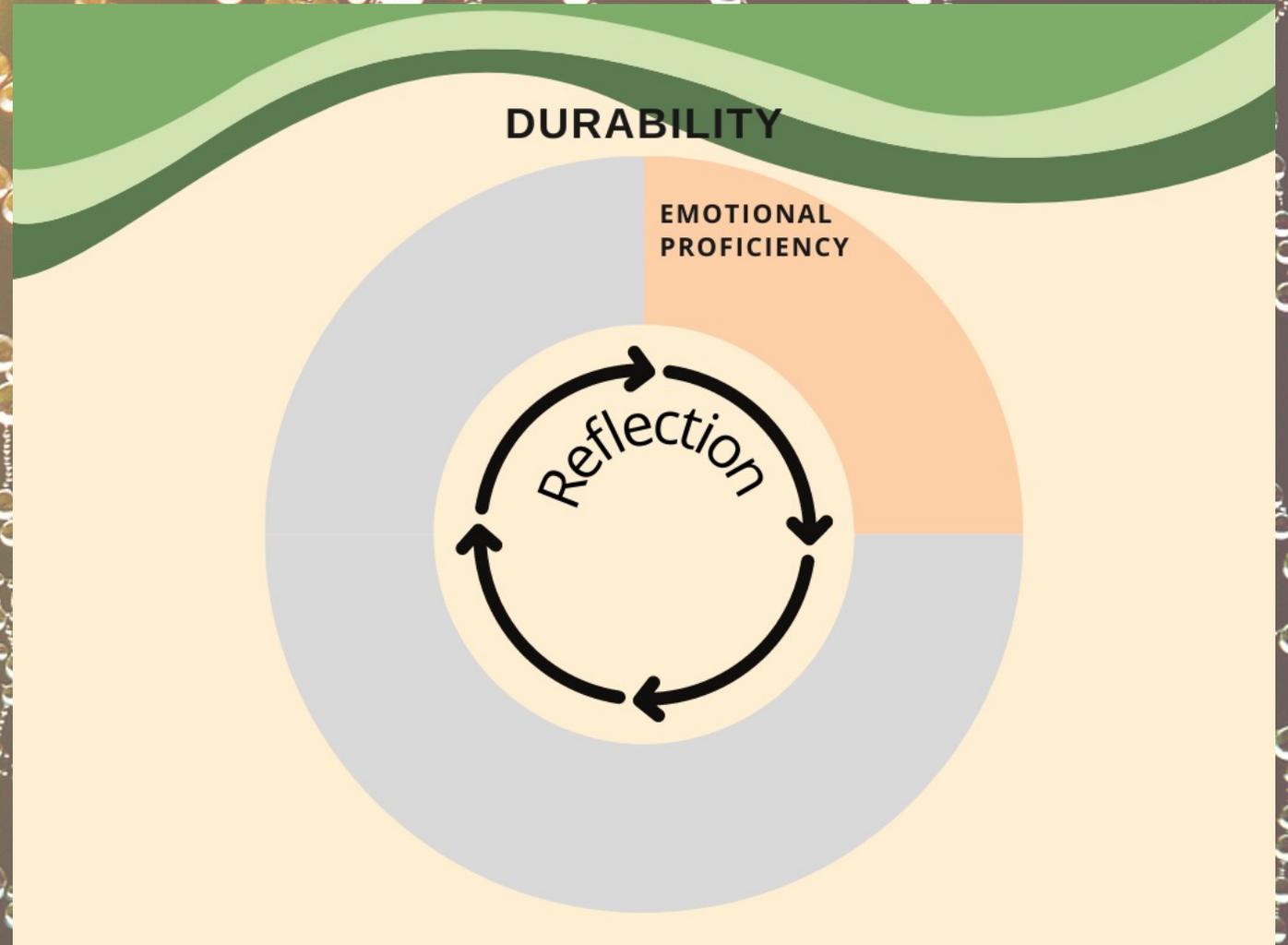
VALUING

Report Back

Challenge – Choose one value that is important to you. Choose two situations you will encounter over the week and think about how you will act that is in line with that value

DON'T EAT YOUR VALUES – LIVE THEM

EMOTIONAL PROFICIENCY



WHAT IS EMOTIONAL PROFICIENCY?

Being able to understand, notice and name emotions.

Valuing emotions as being part of our God created full humanity

Seeing emotions as useful and sources of information

Knowing how to respond to our own and others emotions

Being able to distinguish between our own and others emotions

Understanding cultural differences in the norms around emotions

WHY IS EMOTIONAL PROFICIENCY IMPORTANT FOR DURABILITY?

Our expectations about life and our ability to manage our emotional experience generate well-being.

We need to talk about a robust theology of suffering.

It assists us with the emotional component of our work

EMOTIONAL PROFICIENCY

- There are no positive or negative emotions
- Accepting our emotional experience as a normal part of being fully human is key to flourishing
- Expecting to be happy all the time and suppressing emotions lead to struggles
- We don't have to do anything with our emotions

EMOTIONAL PROFICIENCY

Discussion

1. What beliefs, thoughts and attitudes do you have about noticing and expressing feelings? (these may have been created by your growing up experiences).
2. What rules, norms or understandings does your culture have about emotions?
3. How are they different from The New Zealand way of expressing emotions?
4. How comfortable are you sitting with emotional outbursts?

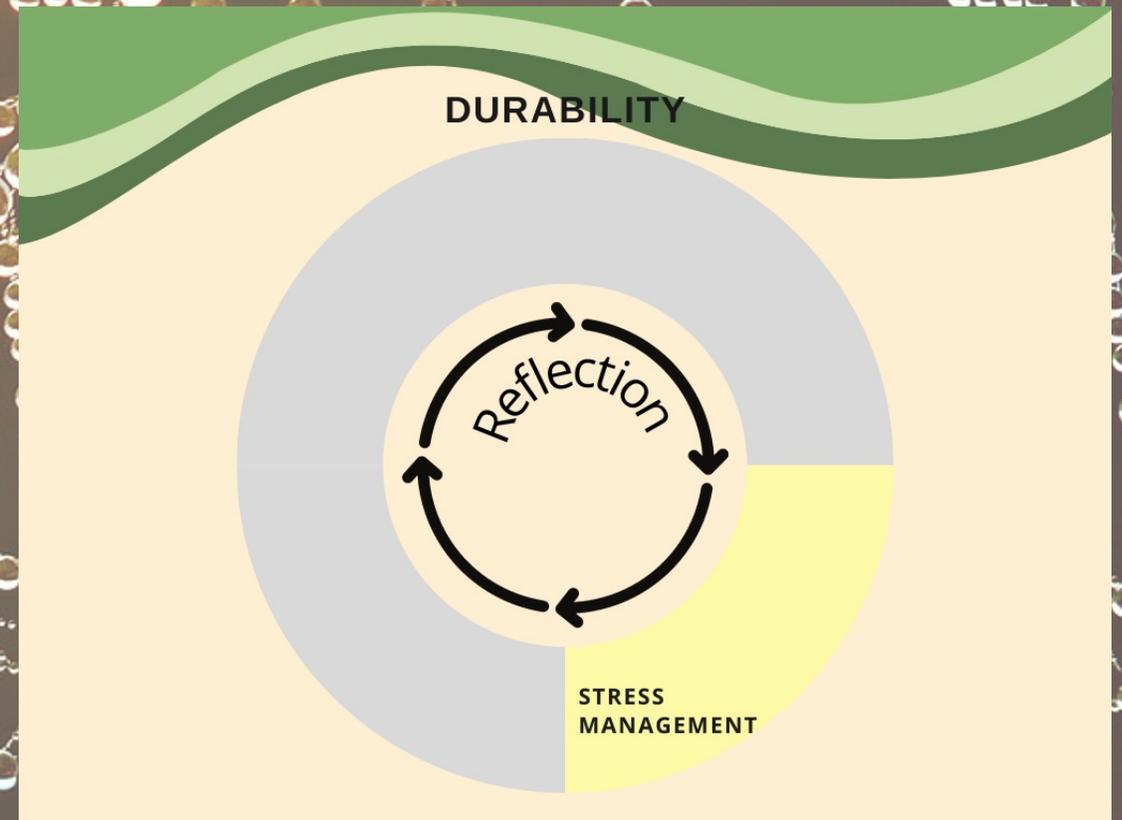
EMOTIONAL PROFICIENCY

Report Back

Challenge – Choose one feeling that you want to learn more about. When you have that feeling take time to be curious about it.

STAY CURIOUS

STRESS MANAGEMENT



WHAT IS STRESS MANAGEMENT?

Stress is the response of our body and mind to events, experiences or things that occur.

Stress management is about taking responsibility to respond in helpful ways to that stress response of our mind and body.

Some stress is motivating and useful

Stress shows that something is important to us

WHY IS STRESS MANAGEMENT IMPORTANT?

We will experience stress

Stress can at times be a positive experience

Trying to avoid stress or having expectations 'that we shouldn't be stressed' can make the stress worse

Chronic stress impacts on our longevity

Learn to notice and tune into your stress signs and symptoms

STRESS MANAGEMENT

- 1) Understand Stress
- 2) Be specific
- 3) Take action to reduce the threat or increase the resource
- 4) Prioritise teaching your mind and body to relax

STRESS MANAGEMENT

Discussion

1. What makes you feel stressed. Be specific.
2. How do you know what you are stressed?
 1. What do you feel in your body?
 2. What do you notice in your mind?
3. What do you need to do to destress?
 1. What do you feel in your body when you destress?
 2. What do you notice in your mind when you destress?

STRESS MANAGEMENT

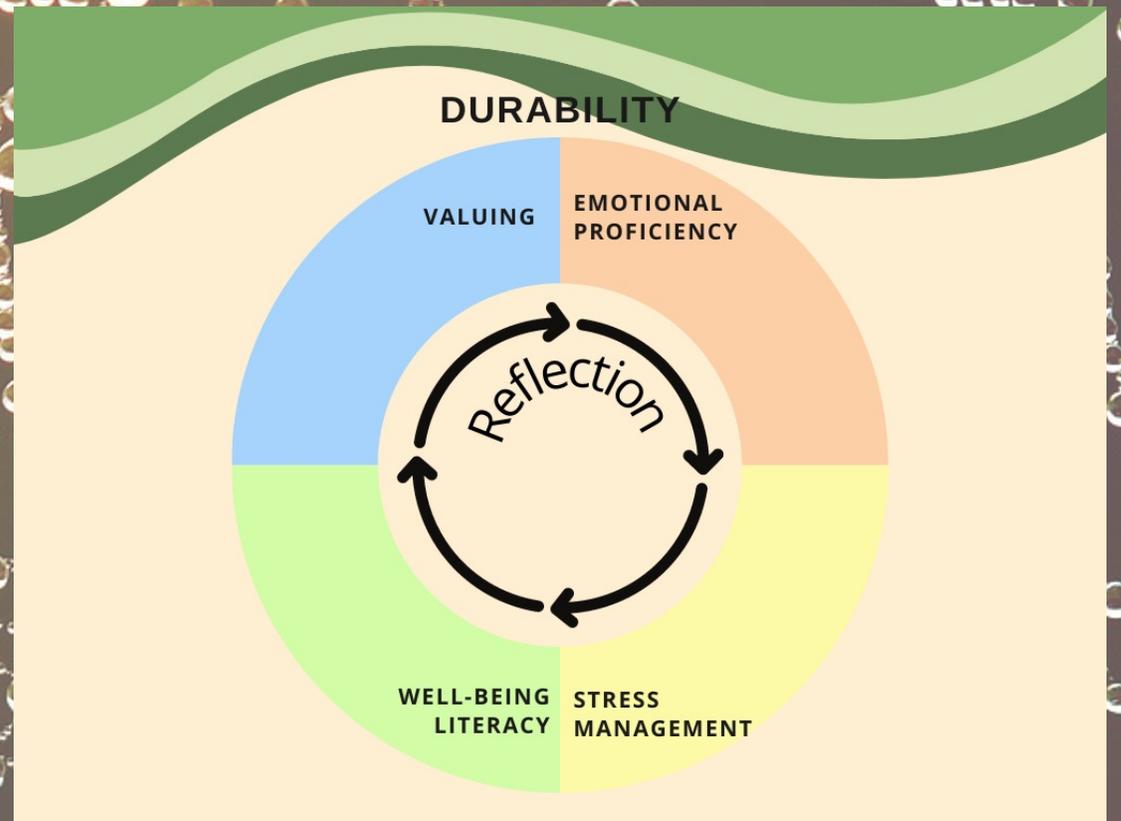
Report Back

Challenge – When did you last feel completely relaxed?
How often do you need to feel this way to sustain your durability? What helps you to feel this relaxed?

Schedule time to do this in your diary on a regular basis.

TAME THE STRESS MONSTER

BRINGING IT BACK TOGETHER



The background of the slide is a close-up photograph of several strands of golden beaded necklaces. The beads are small and round, and the necklaces are draped and layered, creating a rich, textured appearance with warm golden and yellow tones.

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