



Marriage Retreat Individual Wellbeing Hillsong Church The Netherlands

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Bringing Healthy Me to my Marriage

- In marriage, it's 100% me and 100% you
- We bring and give of ourselves
- Each person is responsible for themselves and bring their 'self' to the marriage
- Each is to find space to look inward and reflect on their own health and wellbeing and how they are contributing to, participating in, and communicating in the marriage
- Learn to authentically engage in your own personal journey, reflecting on personal foundations of development and life, and how one wants to build moving forward.
- How do we attend to our own wellbeing?



A photograph of an olive branch with several green olives, set against a warm, golden sunset sky with soft clouds. The sun is partially obscured by the leaves, creating a lens flare effect. A semi-transparent white circle is overlaid on the right side of the image, containing the title text.

Principles of Wellbeing



Physical



Emotional



Social /
Relational



Spiritual



Psychological
(mind)



Contextual

Wellbeing

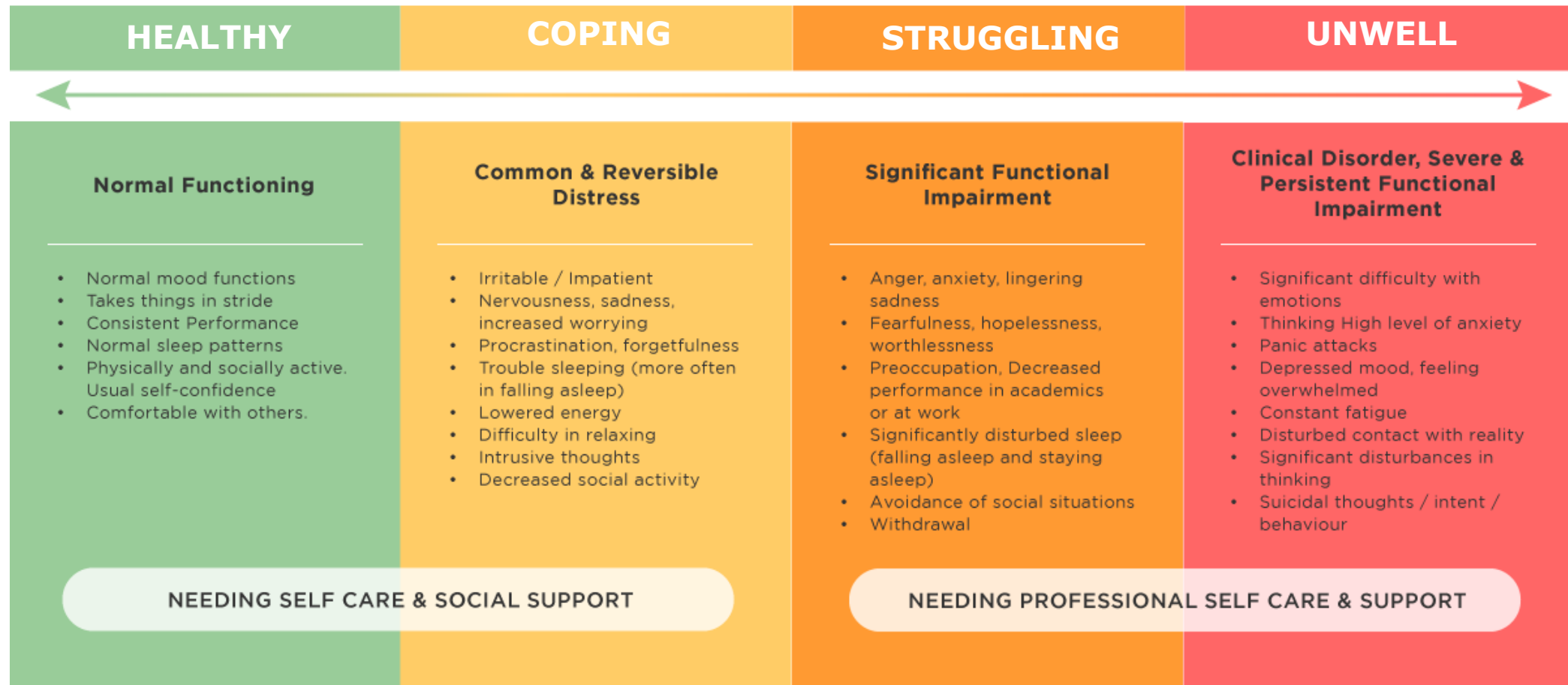
- Wellbeing is an individual's ability to function effectively while managing the varied challenges of daily life with confidence, purpose and energy
- Wellbeing is about the whole person, as well as the interdependent components

Wellbeing

Healthy wellbeing assists people to

- live fulfilled lives
- maintain healthy relationships
- navigate the 'world around us' & challenges experienced throughout life

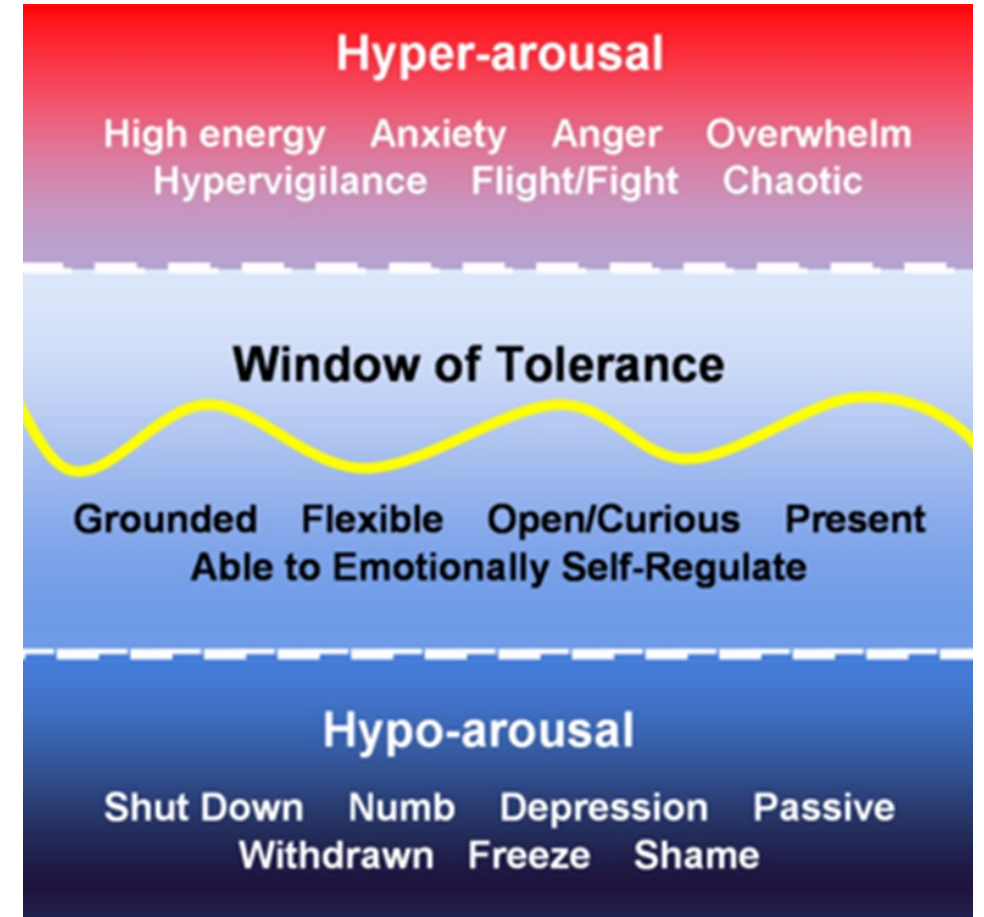
Wellbeing & Mental Health Continuum



Wellbeing & Distress

In our Window of Tolerance

- We feel more able to handle situations appropriately.
 - we are adaptable
 - can engage with emotion and information
 - able to emotionally self-regulate
 - deal with triggers in a balance way
- We all have a limit of what we're able to tolerate at any given time.
- The sizes of our windows adjust in parallel to internal and external influences.
- When feeling stressed, sad, or lacking sleep or self-regulation skills, our window of what we're able to tolerate shrinks.



Wellbeing & Distress

In our Window of Tolerance

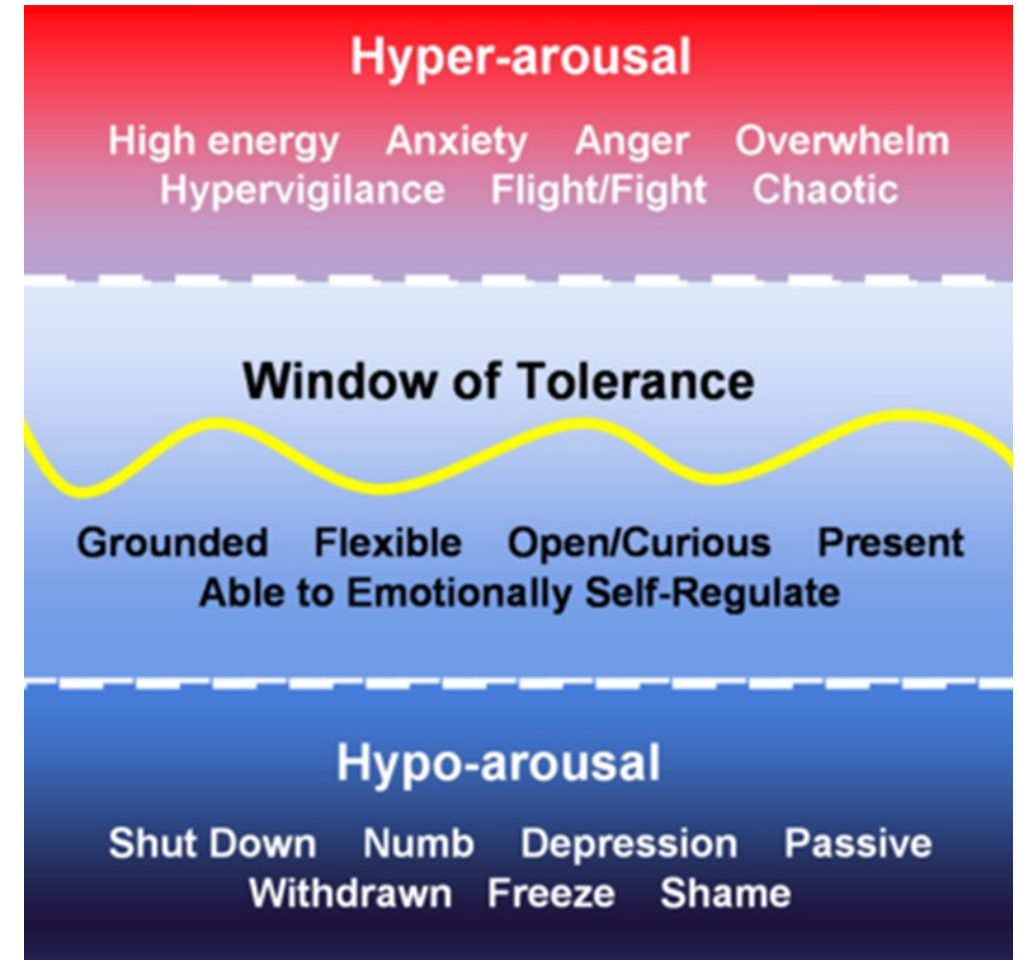
When things become too much for us to tolerate, our we respond in one of two ways out of our window:

Hyperarousal:

- Overwhelmed with intense emotion: we may feel angry, chaotic, hypervigilant, or experience overwhelming emotion

Hypoarousal:

- May feel overwhelmed with distress, even shame, numb to emotions, withdraw, feel low mood, or dissociate in order to cope with the situation or trigger.



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Building Wellbeing



Kindness – Balm for the Soul

In Ephesians 4:32, God's word says to us

"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ has forgiven you".

There are so many references to kindness, our focus today, in the Bible – both of God's kindness to us, and how by His spirit, we can show Godly kindness to others, and ourselves.

Foundations of Wellbeing: Kindness & Compassion

- Kindness reminds us of being seen, heard, valued, connected and belonging with others
- Compassion allows us to acknowledge the common humanity we all share & acknowledges we are all on a journey
- Self Compassion: responding to ourselves with kindness, comfort and care rather than judgment & criticism
- Respect, being valued and safe





Kindness

Kindness demonstrates a commitment to the wellbeing of others & ourselves and an understanding of the common humanity we share as people.

When we are kind, we can show care and love to others & ourselves:

- authentic
- genuine
- compassionate
- present
- listening to understand
- encouraging
- considerate and more.

Building Kindness into our Lives and Relationships

Daily Decision, Step by Step

- Colossians 3:12 says to us “clothe yourselves with compassion, kindness, humility, gentleness and patience” – what a timely reminder,
- In the morning and throughout the day, pause and connect with God, be intentional with this passage, asking God to help you each day to grow and bring kindness to others and yourself.
- Being kind to yourself is so helpful – allow yourself self compassion and kindness as we remember we are all on a journey when it comes to being kind and bringing kindness.
- Allow yourself to talk with Him, and trusted people in your life as you learn to grow in this area

Building Kindness into our Lives and Relationships

Being Intentional With Our Thoughts

We can choose helpful, unhelpful, kind, unkind thoughts about people, and ourselves. It's important to be intentional with our thinking, bringing it back to God's word, asking His Spirit to help us.

- We also have to put in the effort to manage our thoughts as our thought impact our feelings and what we do.
- Be in the moment, the now, and understanding we can get lost in our thoughts and feelings. Let's work on catching our thoughts, replacing negative self-talk with kind, compassionate, thoughts.
- Noticing how we are thinking and feeling, and how we can look after ourselves.



Kindness – Balm for the Soul

We need kindness in our world at the moment, it brings hope, joy, peace and a wonderful regard for each other.

I encourage you to think of two ways you can show kindness to someone else and to yourselves.

Enhancing Wellbeing

01



STAY PRESENT

- Stay in the now
- Focus on things around you
- Things you can see, hear and touch

02



BEING KIND

- Being kind & caring to oneself & others
- Allowing for realistic standards and expectations
- Be kind to others

03



BOUNDARIES

- Boundaries bring clarity, safety & freedom
- "What am I ok with, what am I not?"
- Emotional, physical, relational, practical (e.g., time)

Enhancing Wellbeing

04



STAY ACTIVE

- Exercise & activity you enjoy
- Look at the sky and breathe fresh air every day.

05



EAT & SLEEP WELL

- Quality sleep
- Nutrition is like a mental health superpower
- Stay hydrated

06



ENJOYABLE & CREATIVE ACTIVITIES

- Activities &
- Remembering to have fun, engage with other
- Building your strengths and interests
- Being motivated

Enhancing Wellbeing

07



STAY CONNECTED

- Connect with friends and family
- Activities you enjoy together

08



MANAGE THOUGHTS & FEELINGS

- Thoughts impact feelings & behaviours
- Using 'I' statements:
- "I feel... when... because..."

09



CALM & RELAX

- Engage in calming & grounding activities
- Laugh
- Visualize your favourite place
- Breathe deeply
- Savour a food or drink

Enhancing Wellbeing

10



STAY GRATEFUL

- Think about what you're grateful for
- Write it, draw it...
- Share with friends

11



SPIRITUAL

- Building hope & faith, meaning
- Connecting with God in meaningful ways
- Activities that joy

12



REACH OUT

- Sometimes we need extra support
- A trusted friend, partner, pastor
- Helplines & your GP, health professional

Being Kind to YOU!



STOP... Pause in the Moment

BREATHE... In for 4, Hold for 4, Out for 4

THINK... Listen, Act, Speak... Keep Going

Go for a Walk | Sit in the Sunshine | Keep Hydrated | Eat Healthy Snacks
Chat with a Friend | Smile | Read | Listen to Music | Find Time to 'Be' | Pray