# The Gift of Resilience, led by Michaela and Sandy Youngson

14 May 2021

**Summary of Zoom chat**

(What gives you a sense of wellbeing?)

reading a good or lazy book

To find some stillness and quiet in home or in the garden

Crochet!!

Virtual jigsaws

Walk the dog, watch some trash TV

I'm learning to needlefelt :-)

Detective stories

Ideally a 'real' bike ride in the countryside, but failing that a go on the exercise bike in front of the TV

I have taken to having a bath every night this last year to mentally signify the end of my working day since there is no commute time for me to read

a cup of tea and sit on my balcony.

Gym, bike, friends, playing games on my mobile!

Playing metal

Going for a long walk

Choir and boxercise...can't do either right now :-(

Waking and listening to podcasts

playing piano (v badly) 🙂

Gardening

10:16:44 From Dorothy Pearson to Everyone:

finding the resolve of any problems of the day.

cooking

the drive home from work

used to value the drive home or drive in between appointments but as I work from home this isn't as possible as it was

Change my focus by watching, doing or talking to people about different things

one wee dram is ok :)

Have been developing baking and gardening skills!

I used to appreciate the 45 minute drive home each day or driving as part of my job across beautiful countryside.

i use journaling more now to reflect on what im grateful for in a day, i do it each night and it helps to switch of your brain a bit

I love using my prayer journal at the end of the day … I agree, it’s a great way to give over the day and be ready for rest

Photography encourages us to take notice

Taking notice also enables / helps us to CONNECT with others

Walking with a younger child who keeps stopping to look at things helps us as grown ups to take notice of creation around us too.

sometimes in church there can be too much giving from some people and then it turns into extra demands/ increased stress

Thanking people - really important, especially at the moment. I try and go out every week and thank the refuse collectors!

Volunteering as a meet and greeter at the vaccine clinic is wonderful!

Breakout questions:

 How does your church/work context help people to engage with the 5+1 themes?

 How has your engagement with these themes changed due to the pandemic?

 What themes might you focus on as part of your mission, going forward?

in our chat there was lots of good practice and I wonder if we should be considering a best practice section on our web page

walking about has been good for both being active and connecting with neighbours

I was so busy before the lockdowns that I've appreciated more time for myself.

connection has been good in some ways during lockdown..eg zoom meetings, and sense of community between neighbours

We heard about some wonderful creativity - we had an author in our midst. Also how the pandemic intervening prevented potential burnout - but also disrupted a planned new role. Planning for the future: the importance of listening to everybody - not making assumptions about 'who should be back'

there were lots of ideas such as takeaway coffee prayer walks and memory books that have really helped to link the wider community to the community of the church. There was concern that we will have a separate communities of attending church and online sessions and if this is an issue or not. We also discussed language about online or in person and we should perhaps change this to online and onsite as we are in person even if online.

Have recently done some training on Quality conversations and MECC which was really helpful.

my husband was unable to draw a circle before lockdown and he has learnt how to do leather art and is now doing amazing items with really artistic engraving. I think a lot of us think we are not artistic but its more that we don't make time to have a go.

this demonstrates how creativity reaches out to others and enables them to connect

the power of creativity

Fantastic creative ideas! Beautiful glass artistry. Our group mentioned putting 'best practice' onto a website/webpage. Great idea, but I naively am not sure which website this will be.

what would you say to someone who says they are not creative?

Really inspirational. I have so many ideas that I would love to take forward both personally and share with church. Thank you so much!

being creative is good because you can enjoy the process even if the outcome isn't perfect. 🙂

It feels like pursuing well-being, will lead us to evangelise, without having to stress about it

The quality of this has been excellent, thank you. Will look at this in more detail for myself and share with others.

Thank you. I will be spending time considering how we can apply the five ways to wellbeing within our actual church services too

In busy lives this not only gives us permission to be creative, it makes it a necessity.