

INNER CONTENTMENT

Read the following text. Then, close your eyes for a few minutes and reflect upon the questions it asks.

Where do you feel relaxed?

Maybe it's relaxing at the beach — or a hammock in your backyard — or at the spa — or Christmas at home with your family — or fourth quarter at a Roughriders Game — or biking around the park — or taking in jazz music at a local pub — or... Where do you go to let go of stress?

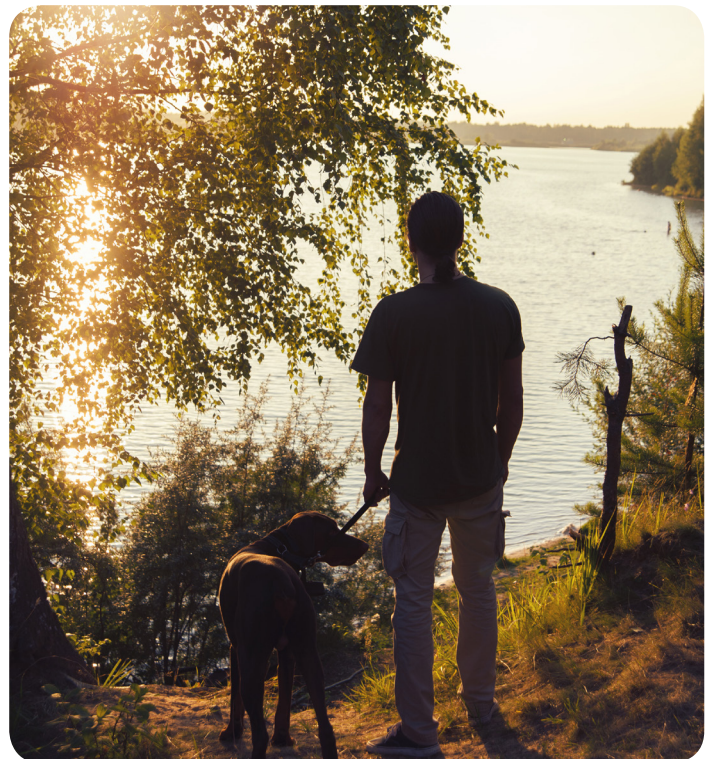
What does this place look like?

What colors do you see? ... Who else is there with you? ... What do you do there? ... What is the weather like? ... How do you spend your time? ... What does it smell like? ... What sounds do you hear?

What is it about this place that helps you feel relaxed?

“Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend.”

-Lao Tzu



Take a few moments and watch the following TEDX video on contentment. (<https://youtu.be/H7Mctx-W7oE>)

Next, read and answer the questions below. (There are no right or wrong answers.) As you work with Individuals this month, think about ways to enhance their sense of inner contentment.



- 1 What are some ways that you find help you to relax in your own life? What are some ways that you work to reduce stress in your own life?
- 2 Think of a specific individual you serve. Do you believe that this individual is dealing with stress? What are some of the Individual's causes of stress?
- 3 Think of a specific Individual you serve. Do you believe that this individual is dealing with stress? What are some of the Individual's causes of stress?
- 4 How might you work to reduce the individual's stress? What are some ways that you can help the Individual learn to relax?