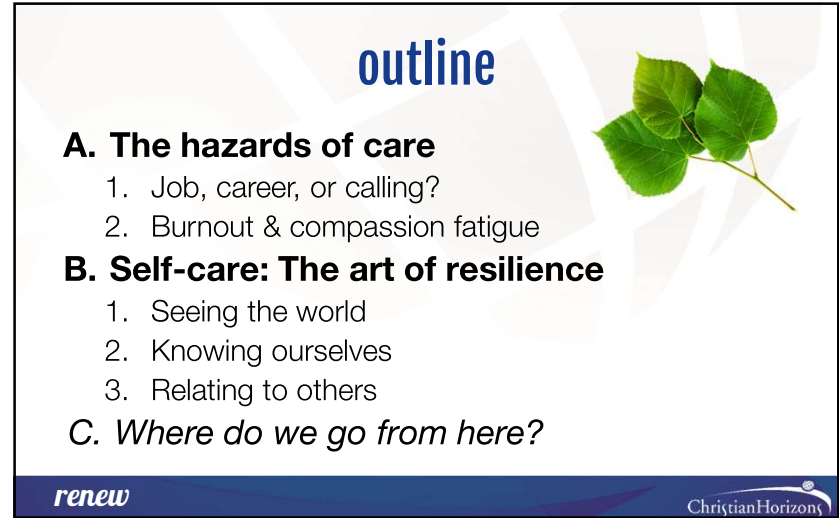
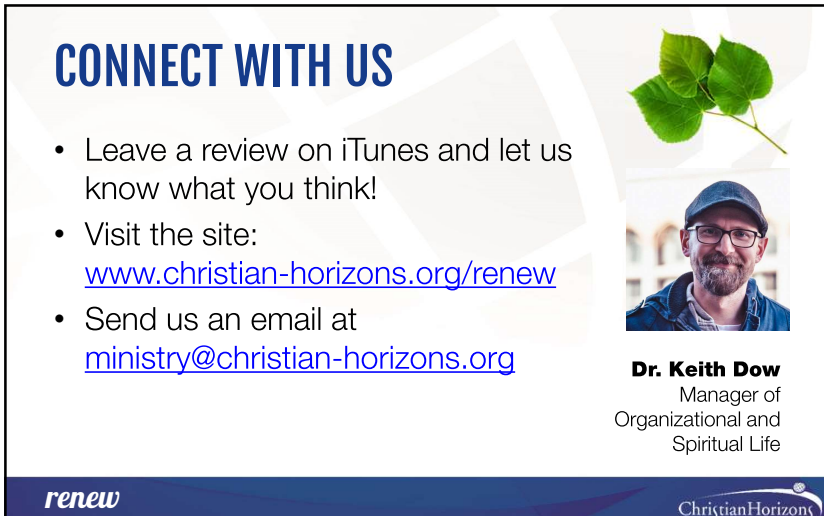




1



2



3



4

WELL  
—  
BE

**WE NEED EACH OTHER**

“Shouting ‘self-care’ at people who actually need “community care” is how we fail people.”

- Nakita Valerio

renew ChristianHorizon

5

**Happiness Chemicals and how to hack them** ☀️

<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> <li>• Completing a task</li> <li>• Doing self-care activities</li> <li>• Eating food</li> <li>• Celebrating little wins</li> </ul> 	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"> <li>• Playing with a dog</li> <li>• Playing with a baby</li> <li>• Holding hand</li> <li>• Hugging your family</li> <li>• Give compliment</li> </ul> 
<p><b>SEROTONIN</b> THE MOOD STABILIZER</p> <ul style="list-style-type: none"> <li>• Meditating</li> <li>• Running</li> <li>• Sun exposure</li> <li>• Walk in nature</li> <li>• Swimming</li> <li>• Cycling</li> </ul> 	<p><b>ENDORPHIN</b> THE PAIN KILLER</p> <ul style="list-style-type: none"> <li>• Laughter exercise</li> <li>• Essential oils</li> <li>• Watch a comedy</li> <li>• Dark chocolate</li> <li>• Exercising</li> </ul> 

renew ChristianHorizon

6

**WE NEED EACH OTHER**

OUT OF CLUTTER,  
FIND SIMPLICITY.  
FROM DISCORD,  
FIND HARMONY.  
IN THE MIDDLE OF  
DIFFICULTY LIES  
OPPORTUNITY.

-ALBERT EINSTEIN-

renew ChristianHorizon

7

**3. RELATING TO OTHERS**

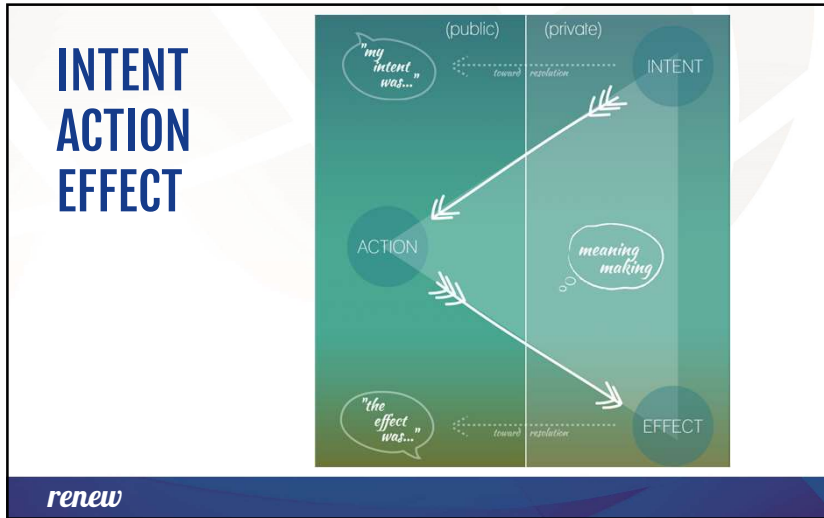
a. Communication

- Don't be afraid of conflict
- Use conflict resolution techniques
- Challenge your own assumptions



renew ChristianHorizon

8



9

### 3. RELATING TO OTHERS

a. Communication

*Take radical responsibility*

a. "I feel..."  
 b. "When..."  
 c. "Because..."

renew ChristianHorizons

10

### 3. RELATING TO OTHERS

a. Communication

Active listening

- Open-ended questions
- Paraphrasing
- Acknowledging feelings
- Non-verbal cues
- Summarizing/paraphrasing

renew ChristianHorizons

11

### LISTENING EXERCISE:

1. One of your favourite trips/vacations
2. A difficult time in your life
3. One thing you're looking forward to this winter

**Remember!**

Open-ended questions	Acknowledging feelings
Paraphrasing	Non-verbal cues
	Summarizing/paraphrasing

renew ChristianHorizons

12

**SPEAKING  
TRUTH IN LOVE:**

“Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.”

*(Ephesians 4:15-16, NLT)*

13



14