

Wellbeing



HEAD

- What is an emotional toolbox? Find out and design one to help you cope with any difficult situations.
- What is the UN Human Development Index? How does the Human Development Index relate to wellbeing?

"The key to having a healthy life is heaving a healthy mind."
Richard Davidson

SCRIPTURE LINK

3 John 2

Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.

INQUIRY QUESTION

How do I manage transitions and challenges?

CATHOLIC SOCIAL TEACHING

- ✓ Subsidiarity
- ✓ Preferential Option for the Poor
- ✓ Solidarity
- ✓ Human Dignity
- ✓ Common Good



HEART

- Thomas Merton says that "I have come to think that care of the soul requires a high degree of resistance to the culture around us, simply because that culture is dedicated to values that have no concern for the soul"

Make a list of cultural values that have concern for the soul and a list of cultural values that neglect the soul.



READ...

Read the lyrics of 'Be God's' by Danielle Rose. You've been asked to write another verse; what would you add?

...and be inspired!



SCAN HERE



WATCH...

Watch 'What Makes a Good Life? Lessons from the longest study on happiness' (Robert Walinger, TEDxBeaconStreet 2015).

What aspects of my life contribute most to my happiness and well-being?

...and be moved!



SCAN HERE



LISTEN...

Listen to 'When You Believe' by Whitney Houston and Mariah Carey. Make your own wellbeing/mindfulness playlist. Invite your friends to do the same!

...and reflect!



SCAN HERE



HANDS

- Anne Frank said, "How wonderful it is that nobody should wait a single moment before starting to improve the world." What could you do in a single moment? Make a class list.
- Perhaps you know a friend or family member who has just moved to Australia, changed schools, or started a new job.

What was new/different about their new environment?

What did/might they do if they couldn't speak English/the language spoken in this new place?

Did they have anything that made them feel at home or comfortable or what might make them feel comfortable?

How did/might they make their first friends? Interview them to find out.

