



Parents well-being workshop

Workbook & Journal

How our human experience works

MIND

The energy that runs through everything.

THOUGHT

The content we use to experience life.
Without thought we cannot have an experience.

CONSCIOUSNESS

Is the awareness of thought and what we are thinking.
Our internal experience of the external around us.

Mind + Thought + Consciousness = How we create our human experience.

Everything is Inside-Out

We experience life, every day from the inside out.
it all starts with our thoughts.

We have **60,000-100,000** thoughts A DAY!

Notice how quickly your thoughts can change from one thing to another and how this affects how you feel.

Understanding Thought

The Thought System

Thoughts that we focus on lead to feelings, that then create behaviours, like a chain reaction.

**Thoughts = Feelings = Behaviours =
Your experience of life**

Thoughts always come and go.
They pass by quickly if we don't focus on them, hang onto them or question them too much.

We cannot control our thoughts, no matter how hard we try.

HOWEVER - If we understand that thoughts are always moving, we know that a new 'different' mindset is never far away. We just need to allow our thinking to settle.

Understanding Yourself

Always Shining Brightly

We are born with our resilience, intuition, gut instinct and all our innate systems already within us, They are always available and ready to help us through any difficult situation.

Just like the sun in the sky, we know it is always there.

Sometimes it is covered over by dark clouds or storms, and we cannot see it. The sun IS always there and shining, and if we wait for the clouds and storms to pass we will see the sun shining again.

This is the same as our wellbeing within us.

It is **always** there. Even when it feels like it isn't, it's just clouded over with our thinking. These clouds and storms eventually do pass and we can feel calm, confident and happy again.

Understanding Yourself

Life Is a Rollercoaster

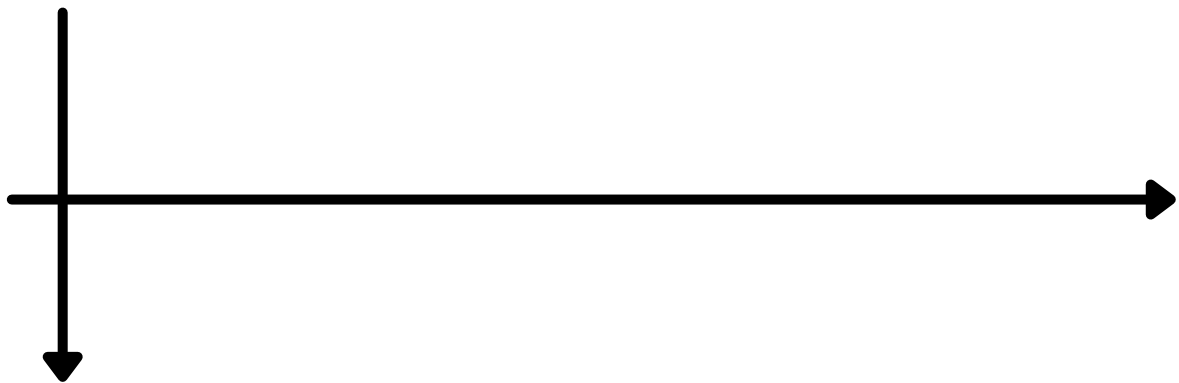
Life is a like a rollercoaster- it has ups and downs. It is natural for our moods to be very up and down, throughout the day.

Its the natural ebb and flow of our thought system. All we have to do is learn to stop interfering with it. Especially when we are in a low mood or low state of mind.

Everything is always OK. We know it will pass, so do not need to do anything to FIX or CHANGE our THINKING.

Our mind and bodies will naturally reset to our calm peaceful self.

Draw your own graph of your day today - and notice what your day looked like.!



Awareness

Awareness is really just **noticing**.

Noticing your thinking/feelings/habits/behaviours and the experience of them at any moment.

This awareness can help you see things differently.

Being aware of what we are experiencing.

knowing our moods and thoughts are like rollercoasters, constantly in motion - going, up and down.

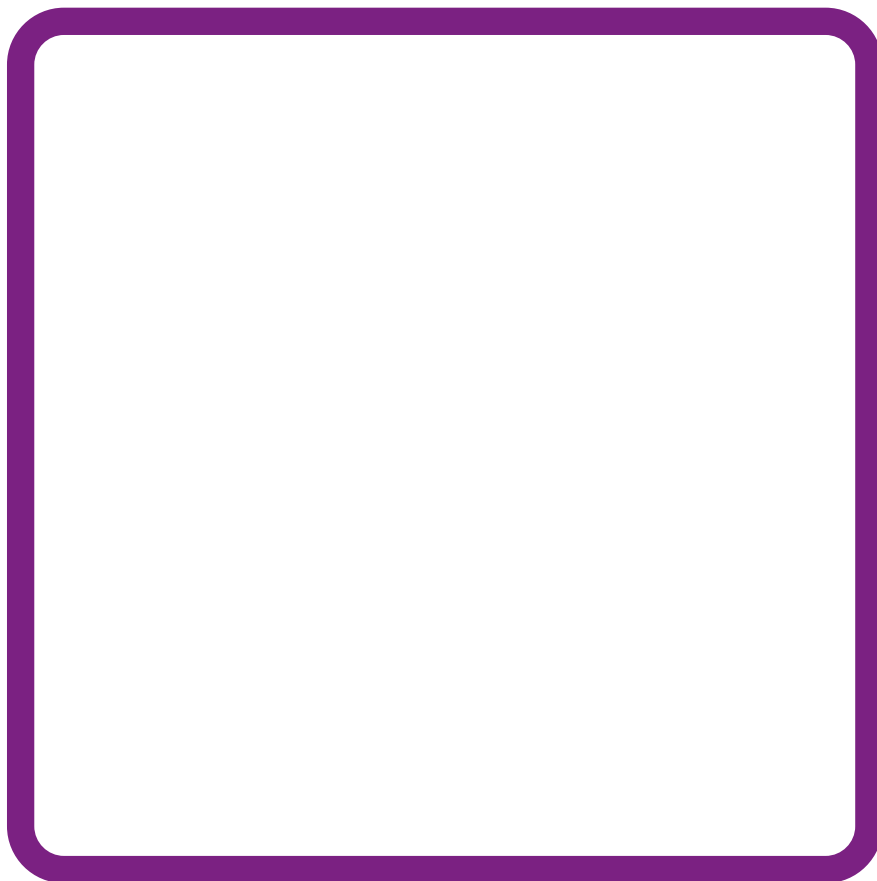
When we become comfortable with those uncomfortable feelings then they will pass.

The quicker we let them pass and the less we hold onto them, the less they will stick around.

Regulate: Grounding & Breathing

How to do square breathing

1. Begin by slowly exhaling all of your air out.
2. Then, gently inhale through your nose to a slow count of 4.
3. Hold at the top of the breath for a count of 4.
4. Then gently exhale through your mouth for a count of 4.
5. At the bottom of the breath, pause and hold for the count of 4.



Connect with our Feelings technique...

Feeling connected to your own well-being is vital.

Do you know you are in charge of this and can change it? Check in with yourself - what are you feeling in this moment?

Sometimes we can struggle to name the thoughts or feelings we are experiencing. We often use colours to help children identify what they are feeling and you can do the same.

Simply ask:

What colour you feel right now?

What colour would you like to feel instead?

Imagine standing under a shower of that calm/confident colour with it washing over you....
how does that feel?

Just connecting with that feeling in a supported way can lesson its intensity.

Relate Your Wellbeing Toolkit.....

A strong mindset is about decluttering the mind and understanding how your thoughts and feelings work. . Becoming aware of the stories we tell ourselves and the patterns of thinking we have which create our feelings, behaviours, habits and experience.

When you realise your thoughts create your feelings you can then choose how you want to feel or remind yourself of the truth of the thinking - that its just thinking!

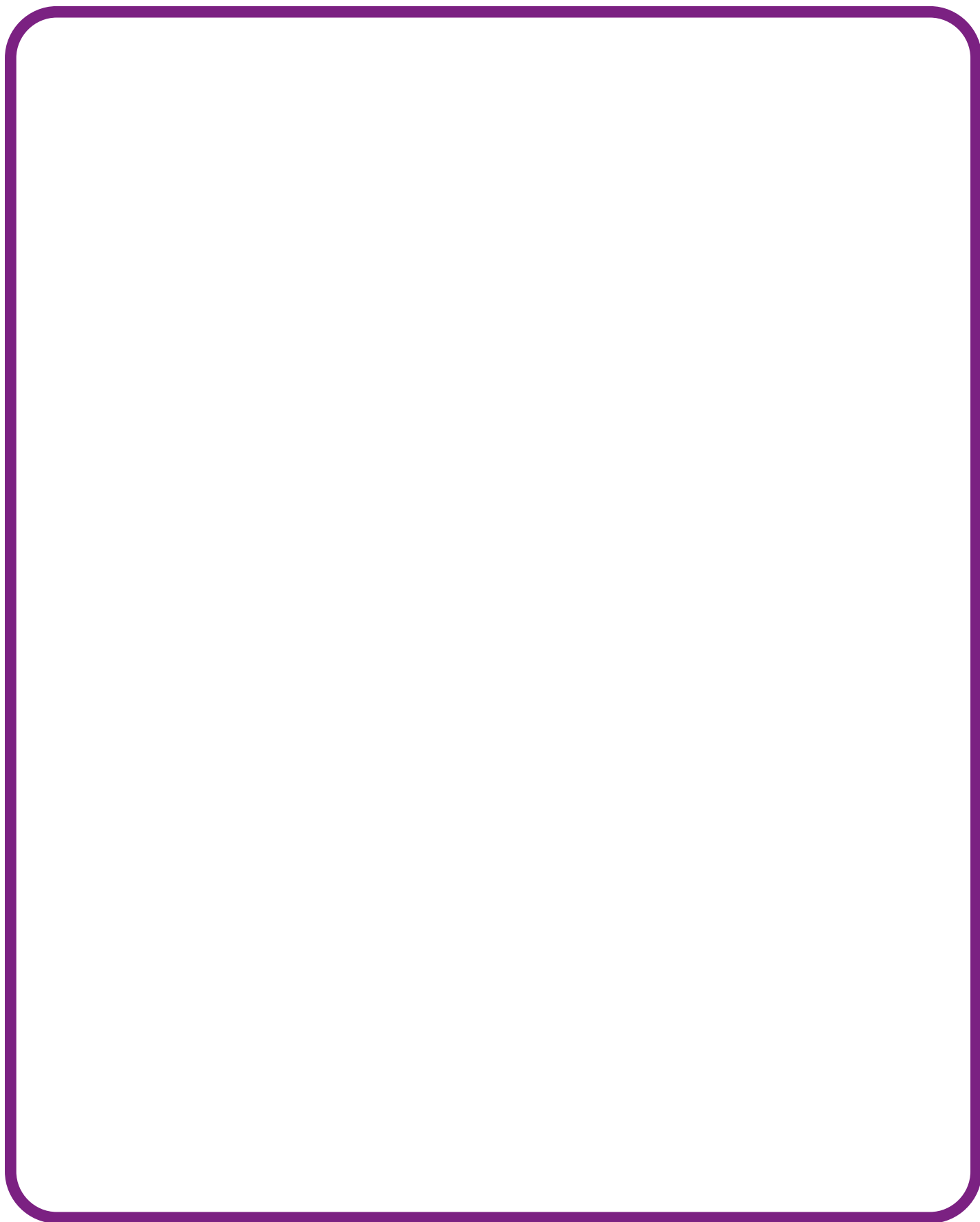
When you feel stressed/anxious/disconnected from your wellbeing- how do you feel?



What can you do to help you feel connected to your wellbeing?



Your Wellbeing Toolkit....



Our Happiness Chemicals &. How to Boost Them...

Dopamine: The Reward Chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

Serotonin: The Mood Stabilizer

- Meditating
- Running
- Sun exposure
- Walk-in nature
- Swimming
- Cycling

Oxytocin: The Love Hormone

- Playing with children or pets
- Hugs
- Physical contact
- Give a compliment

Endorphins: The Pain Killer

- Laughter exercise
- Essential Oils
- Watch a comedy
- Dark chocolate
- Exercising

Visualisation

See it, Feel It, Believe It!

I want you to bring a picture to mind of a time in the future when you have everything you want.

Really imagine what it will look like, feel like ,sound like when you have this

Make it into a short movie in your mind.

Imagine all the details. What you are wearing, how do you feel in your body and what can you hear.

One:

Close Your
Eyes

Two:

Take a few
deep
breaths &
relax

Three:

Create a
movie in your
mind

What Now?

We are only ever feeling our thinking in the moment.
That is how our experience is created.

Our confidence is made up of thoughts in our experience.
This is why it can fluctuate.

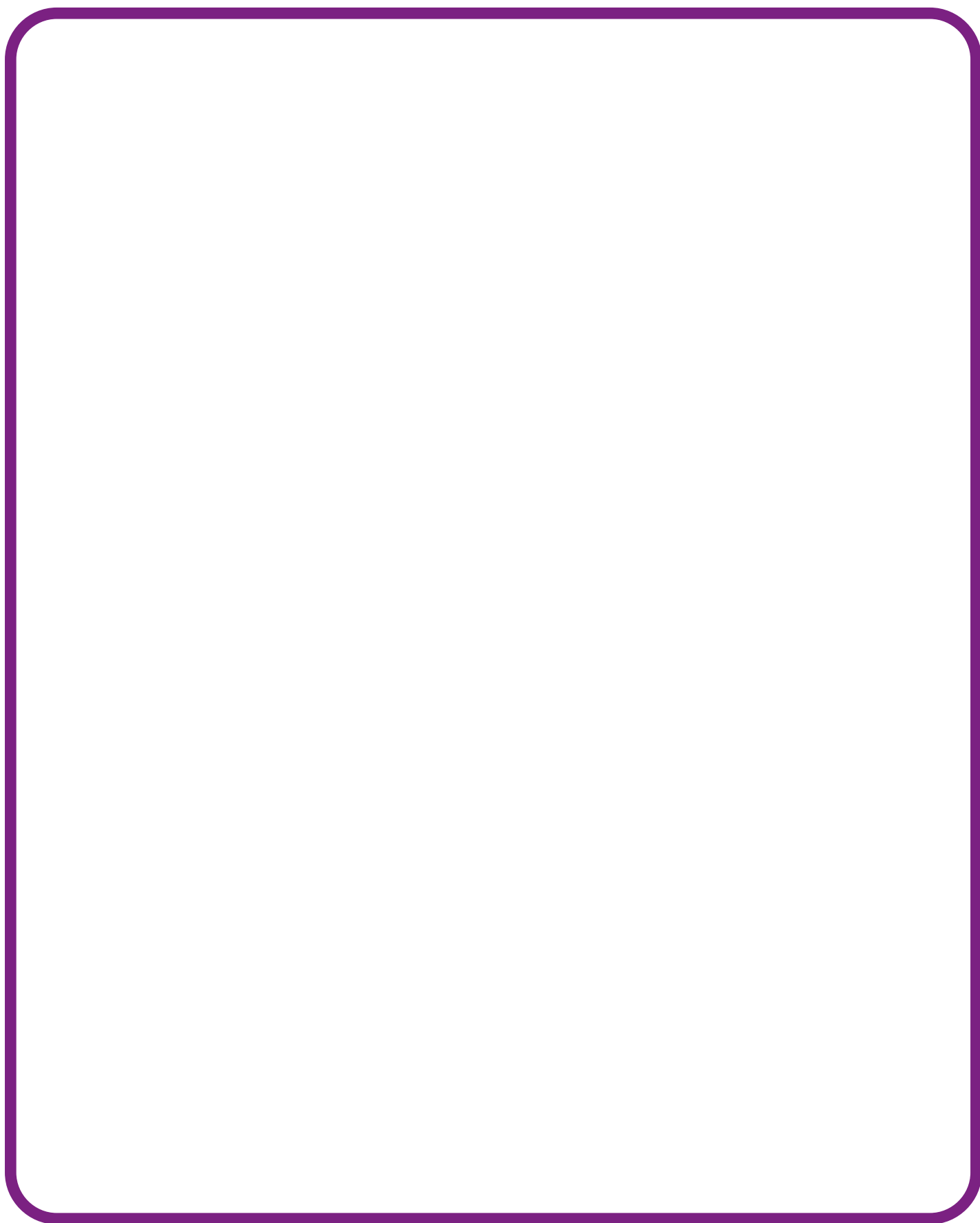
We feel confident in some areas of our life and then not
in other situations.

We can find ourselves creating stories in our thinking
that we are not as confident in some areas.
Do we really believe that?

The only thing that stops us is our overthinking in our
minds.

It's blocking all our confidence and wisdom coming
through like the clouds blocking the sunshine.

Insights & Reflections...





A wee note from us

Thank you for joining us and learning all about what Big Futures is about.

We hope you enjoyed your time with us. Send us a email or message if you would like to find out more about our curriculum for schools and follow us on social media for any updates and further classes.

REMEMBER!!

You are already amazing, perfect and full of unlimited potential EXACTLY as you are, right now!

WE are only ever FEELING our THINKING in any given moment.

You are only ever ONE THOUGHT away from a completely different experience.

You do not have to believe EVERY thought that you have. Let all your amazingness SHINE through!

Love Orielle and Nicola xx