

WHAT, WHY & HOW

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THE BACKGROUND ON THIS JULY EXPERIENCE:

COVID has been a survival experience for many people. When people are in survival mode, their energy and resources are all re-directed to simply surviving. Bodies & brains are taxed differently during survival mode. Habits of thinking, feeling and relating shift as they adapt to survival mode. Spirituality can thrive or wane (or anything in between). And most people in the quiet spaces ask 'What is the meaning of all this? Why even exist?'

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Survival mode is jarring and exhausting. And we all have been navigating this for over a year. We need a time to gently shift from surviving to awareness to taking one step. Don't try to move from surviving to thriving. That's too big of a jump. This month, instead focus on:

- Becoming aware of what has emerged in the spiritual, physical, cognitive, emotional, relational and meaning aspects of your life.
- Identifying one thing you might want to have change.
- Taking one step forward investing in that area of life.
- Taking a second step forward as you practice a different way of being.

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THIS WILL TAKE ALL MONTH. Don't rush the process. We are purposefully walking at a slow and steady pace.

HERE'S HOW TO PROCEED:

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- **First, print off the calendar of 'experiences'**
- **Second, get Instagram and 'follow' wellbeing.bethel**
- **Third, each Monday - Friday, watch for a quick video (60 seconds) that describes the focus for the day**
- **Fourth, give this a whirl and see what you learn about yourself**

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A NOTE FROM CHRISTINE:

FYI... I'm crafting this experience for our community not only because it's my job but also because ***I personally need it.*** To be honest, some really unhelpful and unlovely habits emerged in me during these last 16 months and I want to turn the ship around in my own life. I'd love for you to join me on this journey. Since I know that lasting change is hard, requires energy and investment, we're gonna go slow and I'll be with you the entire way. Shalom.

