



Wellbeing

Introduction

All of us and the whole of us

This is about you, me, and us.

It's about wellbeing. It's about finding a rhythm that helps us – in our work but also in all the other stuff – friends, family and the rest of life. It's about all of us and the whole of us.

Each of us is precious, has value, is loved, is included - is enough. Not only in what we do for work but in who we are. Yet, sometimes, we may see in ourselves things that are not right, we may adopt unhealthy habits, not take enough rest, or find ourselves in very difficult circumstances, things may be a little messy – not as they should be.

In Oasis we have a word for wellbeing – you may have heard it? The word comes from Oasis' story – it's Shalom. Shalom is an invitation to wholeness – an invitation to reach our God given potential. But, although it's an invitation to think about our physical, emotional, financial and spiritual wellbeing – our wholeness, we know life is messy and not often as it should be, so Shalom is a statement of hope.

Wellbeing and Shalom is not only an individual journey. Sometimes we can't make this journey on our own and so we need the help of others. It's about looking in – to see the things we may need to change and it's about looking out for others – we'll explore this in the weeks ahead.

With spring just around the corner, it's a good time to think about doing something new, here's an activity to help you think about our own wellbeing, our physical, emotional, financial and spiritual dimensions that make up the whole of us.

- In each of the clouds give yourself a mark out of ten – how are you doing? What might need to change? What new things might you need to do?
- What do you need to walk away from so that you're able to be the person you want to be?
- What do you need to walk towards so that you're able to be the person you want to be?

Physical /10	Emotional /10
Financial /10	Spiritual /10

YOU