

PAUSE FOR THOUGHT

An extract from Exploring Emotional Health: six workshop outlines for youth leaders by Liz Edge

Pause for Thought is a reflective moment offered to the reader at the end of each chapter in Exploring Emotional Health. This tool is about supporting youth leaders in reflective practices to grow and become more knowledgeable themselves, just as much as the young people.

1. Identifying emotions

It might be helpful to find a quiet space, away from your usual environments and ponder the following questions.

- Using the scale of 1 (not at all) to 5 (extremely important), how important are emotions to you in your life? Are they a main feature or an 'added extra' to who you are?
- How would you describe your ability to recognise how others are feeling? Does this factor into your relationships with others?
- Thinking of your relationship with God, how often do you share how you honestly feel with him?
- Reflecting on yourself as a young person, how in touch were you with your emotions? Were you raised to see emotions as a strength, or perhaps as a weakness?

2. Coping with emotions

Take a moment to ponder the following questions.

- How do you cope with your emotions? Are you aware of different skills you use to cope with different feelings?
- Do your relationships with other Christians include exploring your emotions? Do you discuss how Jesus coped with his emotions during difficult life experiences?
- In day-to-day life, do you manage your emotions or do you let them build up until you explode?
- How could your spiritual life be enhanced by managing your feelings in a healthier way?