

Be Still

- **What have you done for your mental wellbeing this week?**
- **How has your concentration been?**
- **Are you able to manage your everyday tasks?**
- **Do you have a routine that is helping?**
- **Where do you find God in your day to day?**

Do Not Worry

- **What have you done for your mental wellbeing this week?**
- **Would you describe yourself as a worrier?**
- **Have you had worry thoughts lately?**

Dealing with Feelings

- **What have you done for your mental wellbeing this week?**
- **How are you feeling?**
- **Are you able to name your emotions?**
- **Are you struggling with any in particular?**
- **What helps?**

Self Esteem

- **What have you done for your mental wellbeing this week?**
- **How are you feeling about yourself?**
- **Do you feel encouraged by those around you?**
- **Are you able to hear positive words about yourself?**
- **What do you think God is saying about you?**

Relationships

- **What have you done for your mental wellbeing this week?**
- **What are your relationships like?**
- **Are there any that you are finding challenging?**
- **Are you able to say 'no'?**

The Goal

- **What have you done for your mental wellbeing this week?**
- **Has God given you a particular vision or calling?**
- **What are your goals? Short term and longer term?**
- **What would a 'Godly' goal look like?**