



## REFLECTION QUESTIONS

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- What feels out of balance in your life? Chaotic?
- When life feels chaotic, what emotions typically follow?
- What strategies have you used (or seen others use) to welcome in "greater calm in the storm"?

# EQUIPPING THROUGH CHAOS

## RESOURCES & REFLECTIVE GUIDES

In times of stress and sorrow, especially in the case of illness or loss, chaos can and does erupt. How can one even attempt to navigate it, much less feel equipped to handle it?

Perhaps one of the first things to acknowledge is that a road of chaos is not one to be walked alone. Sharing feelings and memories can alleviate the burden of grief and provide a sense of connection and strong support. This is a brave, vulnerable, yet critical first step in being better equipped.

Ultimately, finding hope through chaos requires acknowledging the pain and sorrow but also recognizing the resilience and strength within a family to embrace life's uncertainties and take the immediate next step forward.

Use these resources as a small way in taking that next immediate step. You will find calm in chaos, even in unexpected ways.



## REFLECTION QUESTIONS

- What are the current barriers you face in seeking balance in body (diet, exercise, sleep, etc.)?
  - Barriers to balance in mind (listening to lies, worry, etc.)
  - Barriers to balance in spirit (relationships with others, Spiritual engagement, etc.)
- What are some of the goals you have for yourself body, mind, spirit?
- Who can help you with those goals and come alongside of you?
- What is a first step for you this week?



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## SEEKING BALANCE

When we are in seasons of chaos, it creates stress for our whole selves: our body, mind and spirit. Each part is so interconnected, and to seek balance in each area can take a lot of effort and attention.

Our body includes all of our physical needs. Our mind involves our thoughts, emotions, and mental health. Our spirit informs how we make meaning in our life and guides our purpose.

Use the below grid to contemplate the various barriers to your body, mind, and spirit in this season of chaos. How might you invite greater balance by setting simple goals for each part?

|  | Current<br>BARRIERS | Practical<br>GOALS |
|--|---------------------|--------------------|
|  BODY   |                     |                    |
|  MIND   |                     |                    |
|  SPIRIT |                     |                    |



## REFLECTION QUESTIONS

- Take your time on each block and ask yourself the aligning questions.

# OVERCOMING CHAOS

It might seem obvious: Our thoughts inform our actions.

But how can you reclaim some of your negative thoughts to help you experience greater peace even in chaos? Work through the flow chart to explore more:

|   |   |  |
|---|---|--|
| <b>1- IDENTIFY THE HURT</b><br>How have you been hurt/disappointed in life? List everything that comes to mind in general, descriptive key words. | Example:<br>-loss of friendships<br>-diagnosis<br>-chronic pain<br>-family conflict |  |
| <b>2- NOTICE THE HURT</b><br>Choose one hurt from the list. What do you remember about it? Any patterns you notice?                               | Example:<br>Ever since life changed for our family, friends changed, too.           |  |
| <b>3- NAME YOUR FEELINGS</b><br>When you remember and notice how you have been hurt, what do you feel? List all the emotions.                     | Example:<br>-Abandoned<br>-Unimportant<br>-Rejected<br>-Alone                       |  |
| <b>4- NAME YOUR BELIEFS</b><br>What beliefs came from this hurtful moment? What was the believed result (Think: "I am ____").                     | Example:<br>I am not worthy/significant enough.<br>I am alone.                      |  |
| <b>5- IDENTIFY ACTIONS</b><br>How might you (or do) behave if the beliefs you named ARE true?   | Example:<br>I don't allow others to get close to me.                                |  |
| <b>6- DEFINE THE TRUTH</b><br>Consider the beliefs you named and dare to question them. Replace the false beliefs with truth.                     | Example:<br>Friendships do not equate my worth.                                     |  |
| <b>7- IDENTIFY NEW ACTIONS</b><br>What are new actions you can take to reinforce/support the truth? What is one practical step you can do today?  | Example:<br>Be the change I want to see in my friendships. Reach out to 1 person.   |  |



## REFLECTION QUESTIONS

- What do you know about storms/hurricanes? What do they feel like? What kind of destruction do they leave?
- How might our life feel like a hurricane? Write down the hard/"stormy parts" of life.
- Discuss how even in a hurricane, the eye is quiet, still and peaceful.
  - When adding the food coloring, what do you notice? What appears beautiful/unique/unexpected in this hurricane?
  - What has felt unexpected or even beautiful in the midst of our family's storm?
  - What gives you hope as we continue onward?



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## FAMILY ACTIVITY: HURRICANE JAR

Hurricanes can bring a path of destruction, pain, and chaos. Yet, even in the harshest of winds, there can still be the eye of the storm where it is calm and peaceful. Living a life of illness or loss might feel like similar moments of competing feelings of chaos and calm, or even hope.

Gather the family around to explore this conversation further through a demonstration.

### SUPPLIES NEEDED:



A wide-mouth jar with water



A spoon



Food coloring



Two different colored sharpies

**STEPS:** Use the discussion questions to the left to help guide discussion.

STEP 1- Begin by discussing the ways you might feel like your family is living in a storm right now. Write down those things with one color of sharpie on the glass.

STEP 2- Fill up the jar with water and stir the water in a circular motion with a spoon.

STEP 3- Remove the spoon when a strong circular motion is in the water. Drop food coloring into the center of the circle of water. Watch!

STEP 4- As you watch the unexpected beauty in the eye of the hurricane, then use the other sharpie color to write on the jar the unexpected or beautiful things that have happened from your own family storm.