

Jimari BRINKMAN

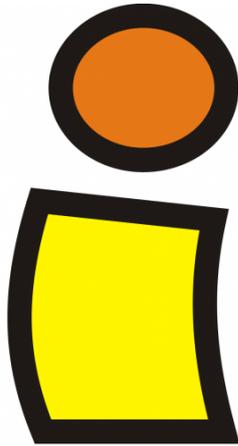
INEX 2017
MESSENGER
WORKSHOP

g r a t i t u d e

being thankful

EVS PROJECT 2017

WE ARE THE ONES WHO REALLY CARE



INEX
Slovakia
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MINISTERSTVO ŠKOLSTVA,
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Introduction

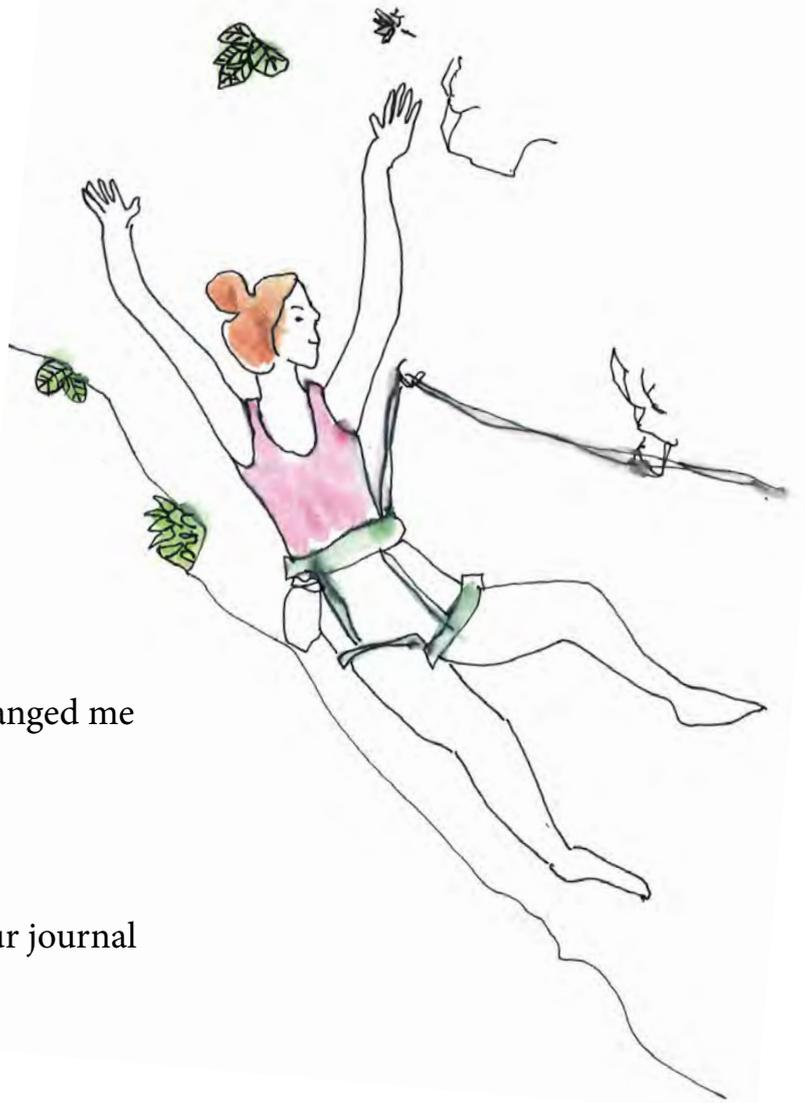
For my EVS project with Inex Slovakia I had the opportunity to create a workshop based on my own experience. Something I'm good at or know more about.

My first idea started in The Netherlands. I was with a meditation group of Wake up <https://wkup.org/about/> an international group of Young Buddhists and Non-Buddhists for a Healthy & Compassionate Society. We came together for years, every week and meditated on different themes, like compassion, metta (love and kindness), yoga, total relaxations, and any other theme we thought about. After we were drinking tea and sharing our stories or contemplations.

One night my friend Rachel and I organized a meeting on the topic gratitude. She told a really nice story about two wolfs and explained it very nicely, which you can find further in this information form. I sold some tiny little booklets that were handcrafted by me. So people could write down their gratitude observations after the evening.

Gratitude helped me a lot and having a group of friends around with whom I could share all my fears and experiences was very precious to me. At this place where we came together we have a strong circle of trust. It's a great environment for personal growth. This special environment I wanted to create during the workcamps of Inex Slovakia. How? That you can find in this booklet!

The Workshop



- ~ Energizer – Teambuilding
- ~ Introducing myself; how gratitude changed me
- ~ Statistics about stress and gratitude
- ~ Story about two wolves
- ~ Teach how to fold a journal
- ~ Game to connect and to get inspired
- ~ Look insight yourself and write in your journal
- ~ Meditation to end the workshop
- ~ Possibility to drink tea and talk

Step by step

Step 1: Energizer

Timing: 3-5 minutes

Untangle yourselves is a great energizer to get people moving. It has a very interesting message on finding your way out of a tangled situation.

Running the activity

1. Ask the group to form a circle
2. Ask everyone put their hands up
3. Give the tangling instructions
4. Ask the group to untangle themselves without letting the hands go, and try to form a circle



The the tangling instructions:

With your right hand,
grab someone's left hand

With your left hand, grab
someone's right hand

You cannot grab the hands of
people next to you.

The group will jump hands, switch around and find a way out, either forming one or more circles. Sometimes, it is not possible to untangle. At such scenario, ask the group to select one person to be removed. Hands that become free should reconnect to the person remaining on the tangled group.

Group size: larger than 6 people, up to any number. For very large groups, break into smaller groups of approximately 12 people.

Step by step

Step 2: Theoretical part

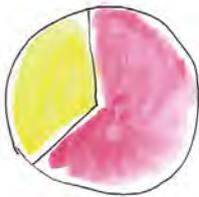
Timing: 10 minutes

In our society there are lots of people who are stressed, because of work, studies or social life. Sometimes it's difficult to cope with this.

CHRONICAL STRESS



66% people - physical symptoms

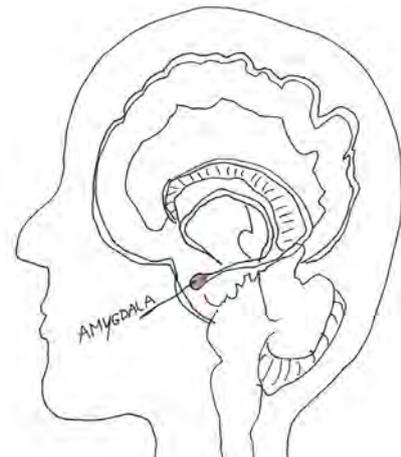


63% people - mental symptoms

American research

We're often in a rush. This you can see if we make a scan of our amygdala. Then you will see that it's chronic active.

The amygdala is a part of our brain that is about our flee and fight system. You can break trough this system by taking a break. Stop doing things and start being. It's hard to divine our values and priorities. Sometimes we get overwhelmed.



FLY & FIGHT SYSTEM

Step by step

This can cause psychological problems like depression, burn out or psychoses.

The main thing to solve mental problems is to take good care of you. Start thinking about how you can manage your time. For everyone it's important to sleep well, eat well, sport enough and have a regular life. Especially when you're sensible it's even more important, but it can help everyone.

For me climbing, yoga meditation helps a lot. Also being in nature because there are less stimulants and the green surroundings make me closer to myself. And maybe this workcamp helps you to get back to nature. Also into your 'inside' world. It can help you think what's really important for you and what you like.

What do you
like?

So it's really important to find time for yourself to set priorities and make choices. We can't take all chances which are in our way. Facebook and other social media give us so many opportunities that we simply don't have the time to do it all. I often have the feeling that I miss things. To help feeling better and more satisfied. We will make a gratitude journal today. Feeling grateful is a great way to reduce stress and depression.

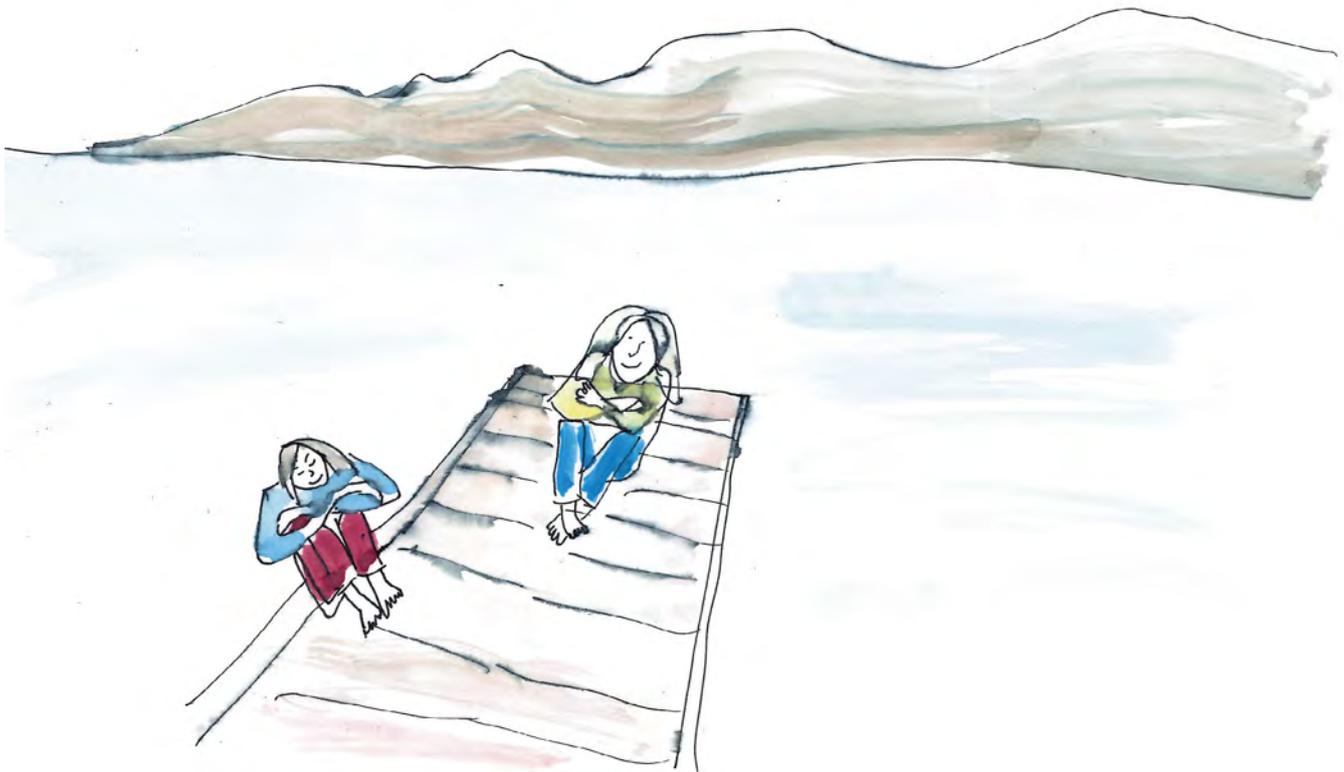


Step by step

Step 3: Research about gratitude:

Timing: 3 minutes

- It gives you lower blood pressure
- It makes you sleep better
- Depression can decrease
- It makes you feel better
- It makes you less isolated, and can help romantic relationships work better.



Step by step

Step 4: Diary: How to make a gratitude journal

Timing: 15 minutes

Materials:

- Everyone will have 10 white papers A4.
- Scissors
- Pencils
- balpoints
- paint

GRATI-
TUDE
journal

Tear one paper (on the longest side) in two equal pieces.

Then fold it in the middle.

In the middle of the folding you cut with the scissors a hole.

Do this with all ten papers.

Push the paper a bit folded through the hole

Do this with all papers till you have a nice booklet.

In the end you can design the cover. And your gratitude journal is ready!!

Step by step

Step 5: How to become more thankful?

Timing: 5 minutes

- Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- Savor surprises. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- Writing in gratitude journal weekly or twice a week is the best. "We adapt to positive events quickly, especially if we constantly focus on them,"
- Be motivated to change your negative emotions to positive.
- writing a gratitude letter to someone you thankful for or to yourself

Step by step

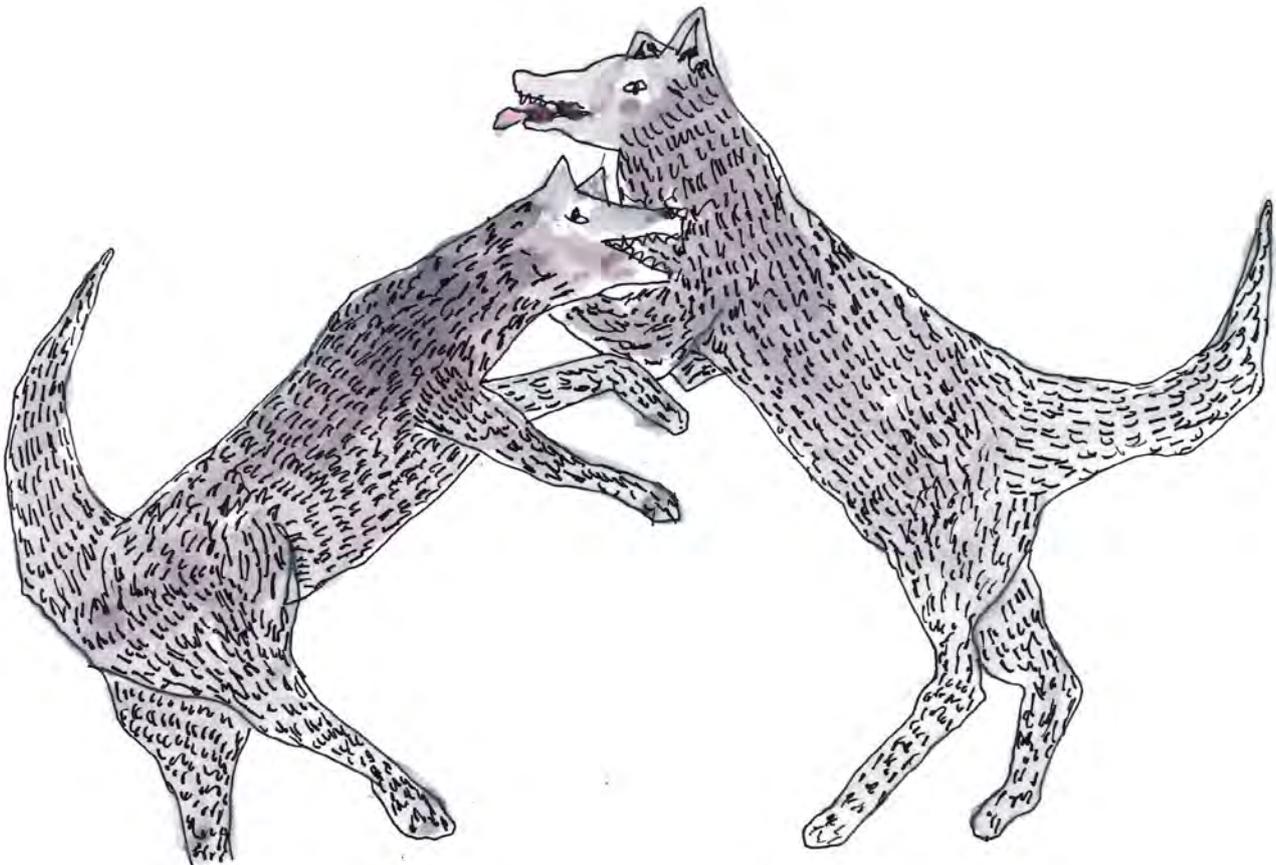
Step 6: I now would like to tell you a story:

Timing: 5 minutes

Two wolves

An old Indian, taught his grandson about life. "Inside me is a fight going on," He said against the boy. "It is a fight between two wolves. One wolf is evil – It has anger jealousy, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego" "The other wolf is good - He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion. Inside you rages same fight - And the same goes for anyone else"

Grandson thinks about it, asked his grandfather a few moments after: "Which wolf will win the fight?" The old Indian smiles and replies simple: "The one you feed"





Step by step

Step 7: Gratitude game timing

Timing: 15 minutes

Everyone gets on paper coloured paper.

On the top of the paper you write one thing you're thankful for, after you fold it.

And you pass the paper to your neighbour. Repeat until everyone has had one turn on every paper. The aim is to get inspired by others about what you feel grateful for. So read what the person before you wrote and think about it.

After you can cut them and hang the papers in a tree (inspired by the Japanese Tananbata tree).



Step by step

Step 8: Writing in diary

Timing: 10 minutes

Everyone can write thoughts that may come up during the meditation in their diary. Try to write at least two or three things that you feel gratitude for.

Step 9: Conclusion

Timing: 3 minutes

Let the seeds inside you with positive feelings grow and let your courage always be bigger than your fears. And feel grateful for everything that comes in your path; don't forget to write it down, so you can remember in times you may feel down. It can help you to stay focused and discover what your priorities are.

Step 10: Meditation

Timing: 20 minutes

You can choose if you want to join, it may make you a bit sleepy.

Total relaxation, everyone can lay relaxed on the ground. You can now listen to an audio meditation. Or you can use any other kind of meditation. For example from the app 'Insight timer'.

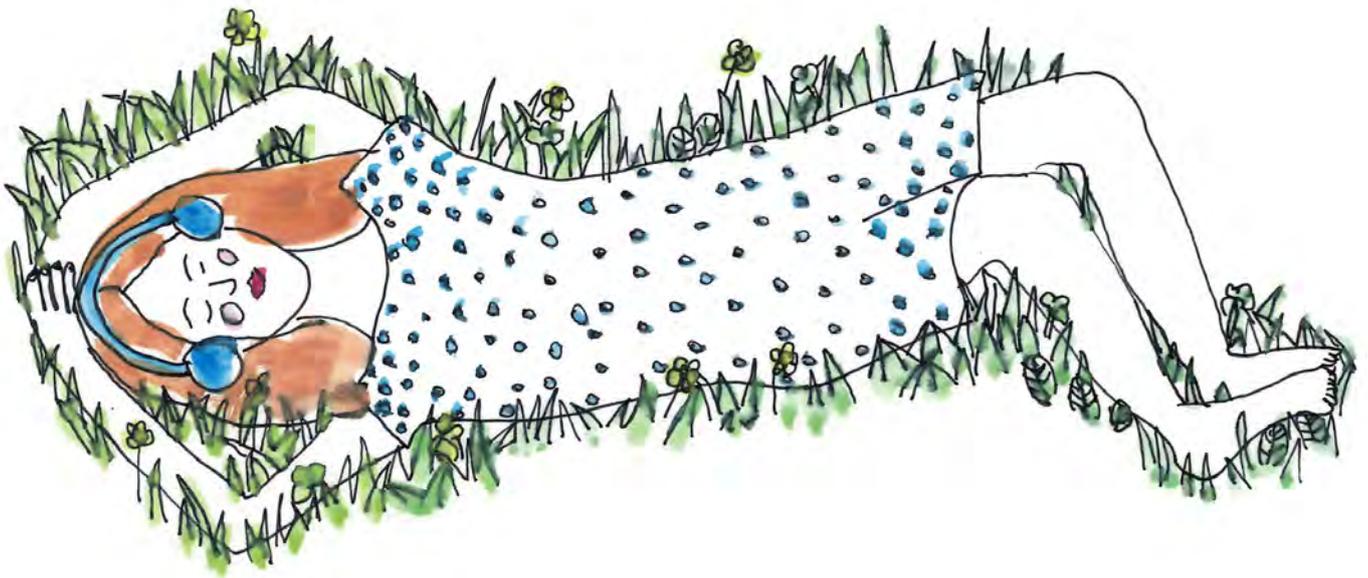
Step 11: Drink tea and talk



The outcome of the workshop

I had many positive reactions on my workshop. For myself it was also very interesting to see how it worked with different groups and people. Sometimes I felt a much softer atmosphere after the workshop. I did this workshop in five different places, two trainings and three camps. I found it sometimes a bit hard because it's a very personal story. How well people understand it or not is depending as well on their different experiences during their lives. I think this workshop is also a great opportunity to learn from each other. It can help to be supported to go through difficult times in life.

So, take time to do nothing.



What I learned to be

grateful for

For having more than one places that I can call my home.

For making new friends and sharing different cultures.

Feeling grateful for being surrounded by such great nature.

Having people around with who I can share experiences about travel.

I'm thankful for having trustful friends and family.

For all the nice memories that I made.

I hope you'll get inspired!