



An ABC of Distraction

An alphabet of activities to support well-being

Compiled by Steve Kersys

Welcome to an ABC of distraction.

These activities have been planned to offer opportunities to take our thinking away from the busyness of the business of our more usual day to day activities on to other things, offering a break, a change, an alternative, a distraction. The alternative activities are rooted in health and well-being of the mind, body and spirit. These are not my own thoughts, I've combined a number of things from a range of well-being resources to make this ABC guide.

There are accompanying verses from scripture. You may wish to read more and dwell on the verses in their original context.

There is a little box in the top right of each page spread. If you engage with an activity you may like to record your engagement with a tick.

If you engage with one activity each day it will take just under 4 weeks to complete the whole alphabet of activities. If you engage with one activity each week it'll take six months. Some activities are more life-style characteristics than one-off events.

As you take time off and time away, may it be well with you and with those you love.

Have a great time ... just Being Well!

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A

ppreciate

Take stock, appreciate, value ...

- Who you are.
- Who you know.
- What you do.
- What you know.
- What you see.
- Where you go.
- What you hear.

Appreciate!



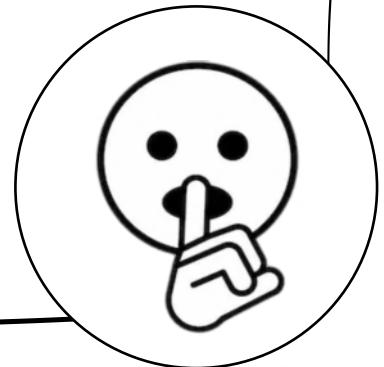
For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
Psalm 139:13,14

B e

Be still and be ...

- o Thank-full
- o Joy-full
- o Prayer-full
- o Peace-full
- o Faith-full

Be full.



Be still before the Lord and wait patiently
Psalm 37:7

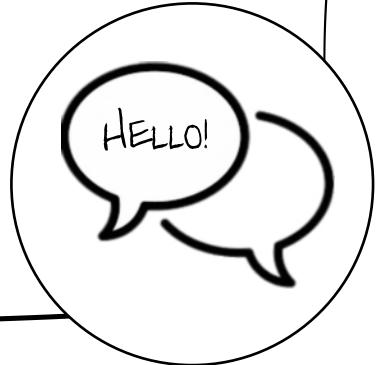
Connect

Connect with family or friends you have missed or who are in your thinking.

Or maybe make some connections with new people or new groups.

Phone, text, email, write or meet.

Make connections that enhance life.



HELLO!



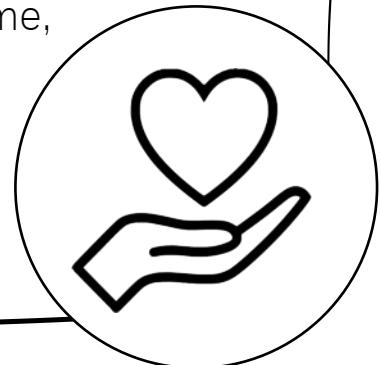
And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more Hebrews 10:24,25

D^evote

“Devote yourself to doing good.”

Devote: allocate, consecrate, dedicate, earmark, give up, give to, reserve, save, set by

- 1 : to commit by a solemn act
- 2 : to give over or direct (time, money, effort, etc.) to a cause, enterprise, or activity



Be devoted to one another in love.

Romans 12:10

Devote yourselves to prayer

1 Corinthians 7:5

Devote yourselves to doing what is good

Titus 3:8

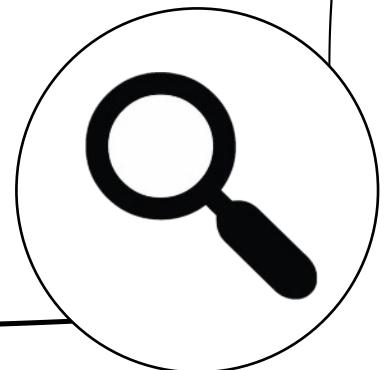
E xplore

Explore something new.

It might be a new place, a new restaurant, a new spiritual discipline, a new skill or a new opportunity for service.

Explore, examine, enquire. Delve deeply. Immerse yourself.

Spread out!



Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes.
Isaiah 54:2

Forgive

Forgive those who have wronged you.

Count as nothing the wrong that has been done to you.

Be relieved of the burden of hurt.

Forgive.



Be kind and compassionate to one another,
forgiving each other, just as in Christ
God forgave you.
Ephesians 4:32

Give

Be generous.
Give time,
... or money,
... or kindness
... or a listening ear.

Offer yourself for the need of someone else.

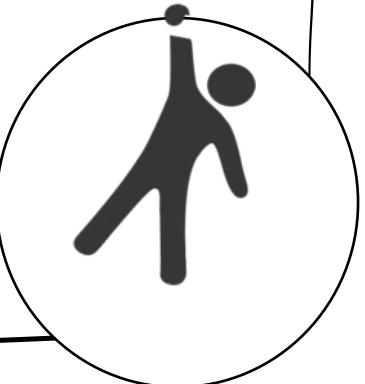


We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.
Romans 12:6

H[old on

Sometimes life is just hanging on and hanging in there.

Persistence and presence are gifts to us and to others.

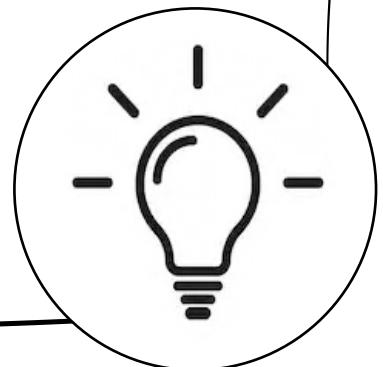


... hold on to what is good ...
1 Thessalonians 5:21

Inspire

Think about what you might say and what you might do that will inspire others to be the best they can be.

Look for opportunities to inspire.

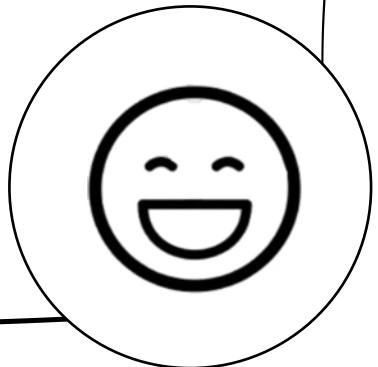


encourage one another and build each other up
1 Thessalonians 5:11

Joke

Smile, laugh, joke. Take and make opportunities to find the funny side of things.

Listen, watch & read things that bring a smile to your face and joy to your heart.

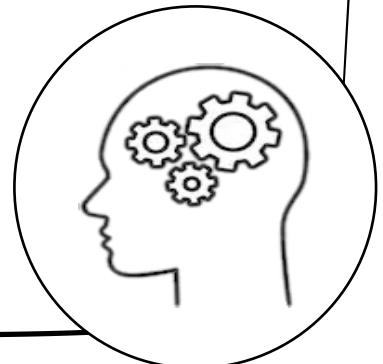


you and your families shall eat and shall rejoice in everything you have put your hand to, because the Lord your God has blessed you.
Deuteronomy 12:7

K now

Know, understand, dwell on and appreciate truths about you.

- You ARE loved
- You ARE valued
- You ARE God's "Poemia". God's masterpiece, God's work of art.



For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do
Ephesians 2:10

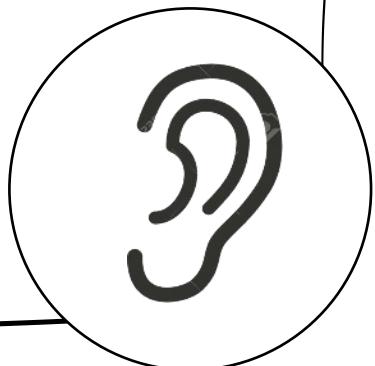
Listen

Listening is a precious gift.

Bridge Builders offer guidance in active listening ...

- Invite others to speak.
- Pause, put your agenda on hold.
- Sum up.
- Give space for more.
- Wait to be invited to express any view.

Listen.



Everyone should be quick to listen
James 1:19

Make

Take time to invest in creating something. It might be artwork, craft-work, baking, gardening cooking or photography.

You might like to write or draw or plant or saw or glue or sew or fold or type or weld or bake or walk or list or collect or

Make!



The Lord your God has blessed you in all
the work of your hands
Deuteronomy 2:7

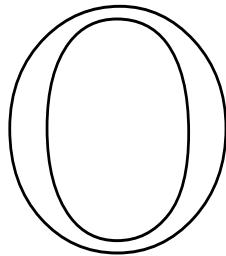
Note

Note, make a physical list of those things for which you can be thankful.

Think before you start listing and you might find it hard to stop.



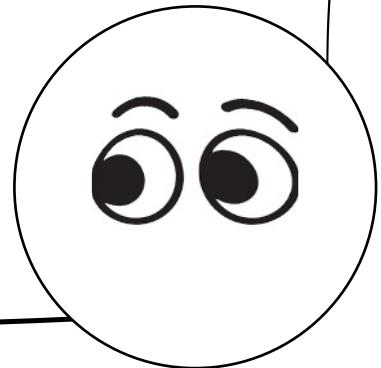
I will remember the deeds of the Lord;
yes, I will remember your miracles ...
Psalm 77:11



Observe

By observing more we learn more,
appreciate more and enjoy more.
Choose to;

- Become more curious.
- Improve your self-awareness.
- Spend more time looking up, and down, and around.
- Learn to see “body language”.
- Ask yourself more “why”



I applied my heart to what I observed and learned a lesson from what I saw
Proverbs 24:32

Plant

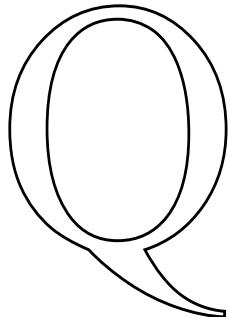
Plant some seeds. You may not have the opportunity of seeing them bear fruit but plant in the hope and expectation that good seeds will produce good fruit.

Plant seeds of love, joy, peace, goodness, gentleness, hope, peace, patience, faithfulness, self-control.

Make a record of where you plant and see what grows.



... whoever sows generously will also reap generously
2 Corinthians 9:6



Question

Ask yourself;

- What am I doing well?
- What things bring me joy?
- Who do I most admire, and why?
- What is my gift to others?

Affirm what is good.



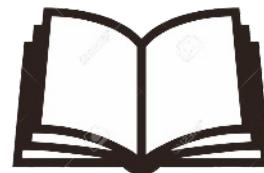
Ask and it will be given to you; seek and you will find; knock and the door will be opened to you
Matthew 7:7

R ead

Find some new reading material.

Visit the library or the bookshop or go online. Buy second hand or borrow books, magazines, reports, or research.

Or maybe read a children's book?



... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.
Philippians 4:8

S tretch

Stretch out. Stretch your mind, your body, your understanding and your faith.

Push the boundaries of where you are and gain flexibility and a wider perspective.

Stretch.



And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God
Ephesians 3:17-19

T ry

Try something new. When we do;

- Our brains and bodies are challenged.
- We change our perspective and see things differently.
- We break the monotony of normal routine.
- We step outside our comfort zone.
- We progress and learn to be more open, open to change, open to new experiences, and open to new



See, I am doing a new thing!
Isaiah 43:19

U nplug

Spend some time unplugged. Turn off the phone, the tablet, the computer, the TV, the radio and the kindle.

Some take a break from electronics for 1 hour each day, 1 day each week and 1 week each month. Others make different arrangements.

Make a plan for taking an unplugged break that works for you.



Jesus said to them, "Come with me by yourselves to a quiet place and get some rest."
Mark 6:31

Vary

Choose to do differently some of the routine things of life.

Mix things up a little. Change things round.

Maybe re-arrange the furniture in a room or re-configure your desk space.

Take a different route to work or choose a different time or place for lunch.



... be transformed by the renewing of your mind
Romans 12:2

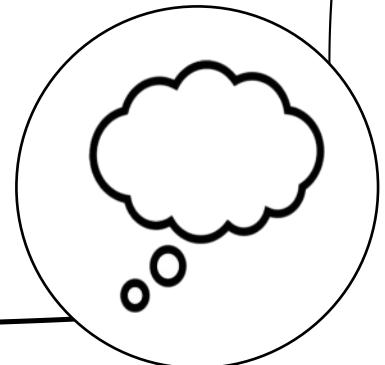
W onder

Take some time to wonder what is and what might be. Ask yourself;

- What if ...?
- Why not?
- What might be ... ?

If you knew you could not fail what would you choose to do?

I wonder



.. stop and consider God's wonders ...
Job 37:14

eXpress

Make your voice heard.

Speak up!

It might be to encourage, to challenge, to be prophetic, to bring calm or to bring laughter.

Be vocal.



... speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.
Ephesians 4:15

say Yes

Don't restrain yourself by sticking to well-worn or familiar pathways.

If invited to do something different or something new, say yes.

Embrace the opportunity of the unexpected, the new, the unfamiliar.

Say yes.



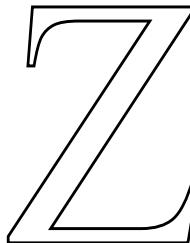
... make the most of every opportunity ...
Colossians 4:5

Get plenty of zzzs

Take time to rest, to relax.

Make time in each day to take a break.

Get plenty of sleep.



In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety
Psalm 4:8