# Title: Health of the Mind – Reducing Worries

**Key Questions:** Do we ever stop and evaluate our lives?

When and why do the followers of T\* take time out to be reflective?

What are the benefits of reflecting on my life?

When can looking back be a negative thing to do?

Is there more to life than we experience in the physical world?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

Why is it of benefit to me to develop my spiritual or attentive nature?

Are there times when it is important to concentrate on the physical world?

Do we ever reflect on the things that have gone badly in our lives?

In what ways are followers of T\* critical of their lives or T\*?

When is it necessary to think critically about my own actions and how should I respond to what I notice?

When is self-criticism a damaging thing to do?

**Is** there a God worth listening to?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

How can following teaching and guidance of T\* improve society?

How do I respond when following the will of God or views held precious by my tradition conflict with society’s views?

**Key Concepts:** mind, contemplation, silence, knowledge, mental health, power, positive

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to explore the benefits of reducing worries in your life. | What kind of things are you afraid?  What things are worrying you at the moment?  How do you feel when you begin to worry about things?  Read the poem  Whatif by Shel Silverstein  What is the poem saying? What “Whatifs” do you struggle with?  Think through advice from films on how to deal with your worries.  Each group is given a quote about worry. Decide what the quote is teaching. Do you think this is good advice? Feedback to the class.  What do religions teach?  Sikhism  O mind, why do you plot and plan? Dear Lord Himself provides for you. He has created living creatures in rocks and provides nourishment for them ([Guru Granth Sahib Ji, 10](javascript:popmeaning('gurbani/popup.php?pagenumber=10'))).  Christianity  Matthew 6:25-34 ESV  **25**“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? **26**Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? **27**And which of you by being anxious can add a single hour to his span of life?[[a](https://www.biblegateway.com/passage/?search=Matthew+6%3A25-34&version=ESV#fen-ESV-23310a)] **28**And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, **29**yet I tell you, even Solomon in all his glory was not arrayed like one of these. **30**But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? **31**Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32**For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33**But seek first the kingdom of God and his righteousness, and all these things will be added to you.  **34**“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.  Judaism  Worry takes away your joy, but a kind word makes you happy. Proverbs 12:25  What do these passages teach religious people? Is it ever necessary to worry?  Make a list of the Top Ten Worries for a Teenager.  Now imagine that you have one of these worries. Write a letter to an Agony Aunt/Uncle asking for advice.  Collect in and distribute the letters. Students imagine they are the Agony Aunt/Uncle and write the reply – including helpful advice from the things they have studied today. | Sources for the Poem “Whatif”  <https://www.youtube.com/watch?v=n5qXJjuPF0s>  <http://famouspoetsandpoems.com/poets/shel_silverstein/poems/14819>  <https://www.youtube.com/watch?v=WGS029Peq7k>  <http://www.goodreads.com/quotes/tag/worry> |