

SEPTEMBER 2021 - ISSUE 1

living well

people living well through healthy relationships



welcome

Greetings from Living Well!

I hope you are thriving in the setting you are in, and are able to meet and overcome the challenges that this season may have brought your way. Like many other organisations based here, Living Well has had the challenges of lock downs and expatriate staff leaving Cambodia due to Covid. On the positive side, this year has been a year of renewal for Living Well, and as part of our renewal, we are excited to have new trained and passionate counselors join our team to expand our range of counselling capabilities and interests.

In May 2021, we carried out an online survey to assess the needs in the community, and many expressed a desire for training and group discussions on a variety of topics. So far this year we have conducted training on leaving Cambodia, transitioning into Cambodia, and helping the hurting people around us. During the remainder of 2021 we will run a new training and group discussion on Cross Cultural stress and deepening marriage relationships, and are looking to develop courses on TCK's and trauma resiliency.

I would like to take this opportunity to thank all of our individual and organisational members for your continued loyalty and support. If you would like to discuss any ways Living Well can help, please don't hesitate to contact us.

Best regards

Graeme Winthrop | Director

Mental Health Minute

Let's talk about... routines through margin, tanks, and time blocking!

Routines have the benefit of lowering stress levels and increasing productivity. Two important parts of routine are making sure you have margin and you are doing things to be refilled-- daily and weekly. Margin is making sure you have space in your routines, between your tasks.

Consider what "fills your tank", and think about the different "tanks" you have. Your relational tank might be filled up by a meal with friends-- but your mental tank might be drained by that activity. Think about your different tanks and how they each might be impacted by your daily or weekly routine.

It's common to underestimate how much time all our small tasks take. This is where time blocking could be helpful! For example, if you need to do a few tasks around the house, you can block out specific daily time in your schedule to do those tasks. This routine can free up time to focus on other things!

Routines allow us to make space for our values. If we value health, routines allow us space to focus on that! If we value relationships-- the same.

Counseling

We're available!

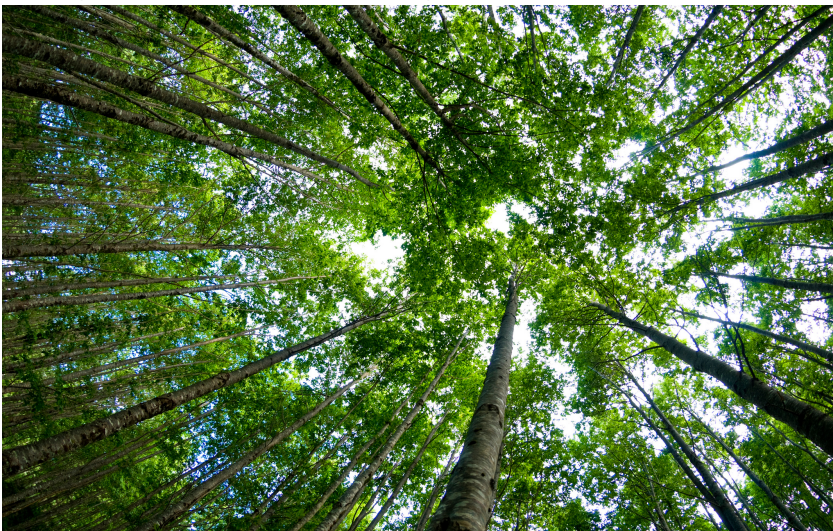
These past two years have been difficult! Are you dealing with transitions, pandemic stress, or any other mental or emotional difficulties? Living Well is here to help! Our counselors would be glad to journey with you in this season. We've got face-to-face or virtual options based on your preferences. Get more information at [livingwellcambodia.org](https://www.livingwellcambodia.org) or make an appointment at this link: <https://www.livingwellcambodia.org/appointments>.

Seeing the Hearts of Marriages Seminar

Hosted by Jonathan Trotter

How do you encourage a married couple towards deeper emotional intimacy? How do you prepare engaged folks for a lifetime of joy, commitment, and occasional tension? If you want to deepen emotional intimacy in your own marriage, or if you want to gather some more tools for walking alongside of folks in hurting marriages, this is for you. We will look at some of the principles and tools that I use regularly with couples from (and serving) around the world. Married or single, everyone is welcome. Couples are welcome to attend together, of course, but it will not be a marriage retreat. We will look at the Vortex of Terror, the Created for Connection Roadmap, and we will discuss several time-tested marriage tools and resources. There will be ample time given for group processing, but no one will be required to share anything they don't want to share; it will not be group therapy. Let us know if you have any questions. We look forward to seeing you there as we continue to learn how to walk alongside of marriages!

Register here: <https://forms.gle/pDuRbaiXp5oABDoV6>



Check out our Insta!

Instagram

@livingwell_cambodia

living well

PRAYER *requests*



connection with our community



wisdom for how to meet needs in the community through trainings and individual counseling



team unity that creates a purposeful, mission-focused organization



more qualified counselors

MEMBER *organizations*



Agape International Missions (AIM)



Asian Hope School



HOPE International School



International Christian Assembly (ICA)



International Christian Fellowship (ICF)



Interserve



OMF Cambodia



Petram Design International



SIL Cambodia

World Team

World Team Cambodia

APPROVED
provider for



Samaritan's Purse

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