

# Welcome To Living Compass



LIVING  
COMPASS™  
heart . soul . strength . mind



# Beloved,

I pray that you may prosper  
in all things and be in health,  
just as your soul prospers.

3 John 1:2



## John 15:5

- **I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing**

# What Is Living Compass?

- Living Compass was created by The Rev Dr D. Scott Stoner & his wife Holly Hughes Stoner
- Living Compass provides resources, coaching, education, training, and support to individuals, families, and congregations as they seek the wholeness God intends for all of us.
- Living Compass is a program that creates the opportunity for people to pause and check their bearings, to figure out “where they are” and “where they are headed,” and then to adjust their course as necessary.

# What Is Living Compass?

- Living Compass believes in the healing and restorative power of authentic conversations.
- Living Compass Wellness Circles seek to foster authentic conversations among church members.

# What is Whole-Person Wellness

- We must make sure we are well in every area (Mentally, Spiritually, Emotionally, Physically)
- Wellness is a “way of living,” not a destination to be achieved. A person moves in and out of wellness many times through life. The goal is to be proactive and intentional with our choices.
- As Christians, whole person wellness means that we are called to seek wholeness in all aspects of our lives.
- We do this by allowing God and our faith to be our “compass” in all dimensions of our well-being.
- Don’t do it for self (narcissistic). Do it to honor God and to show the love of God to our neighbors. “Put the “We” in wellness.



# Worth?

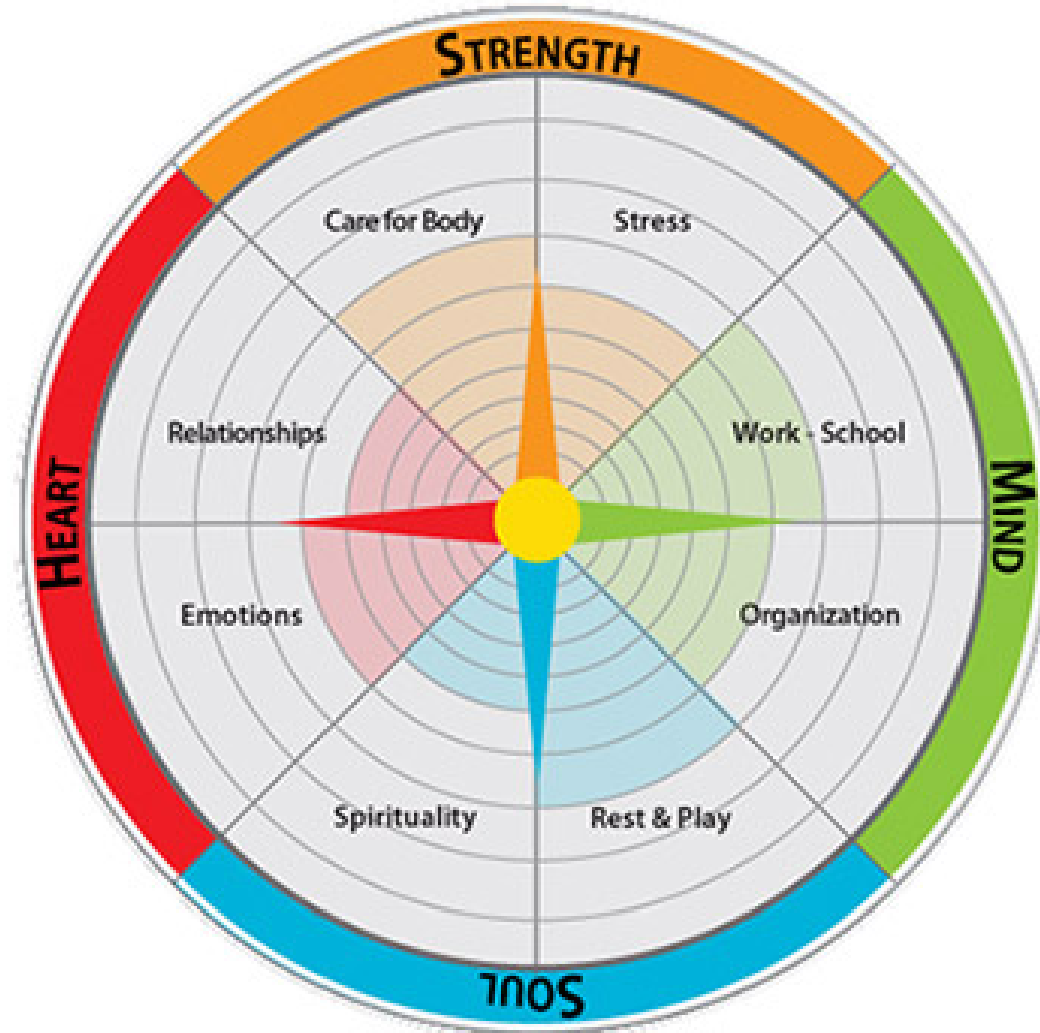




# The Living Compass Assessment

- The assessment consists of 80 questions addressing the eight areas of wellness that make up life. All are interconnected and contribute to your overall wellbeing.
- The results are merely a snapshot of your life at this moment.
- The results might have been different if you had taken it a month ago or may be different if you take it again a month from now. Life is always changing.

# Completed Compass



Thoughts?



# Mapping Your Journey

- Once the assessment is taken, participants will complete the “Mapping Your Journey Of Growth And Change” and will do a new one weekly.
- List 2-3 areas of high satisfaction from your assessment
- List 2-3 areas of low satisfaction
  - What are you motivated to work on?
  - What area do you feel you are being called to work on?
  - If you look at your compass as a garden, what area do you feel needs more watering?

# Mapping Your Journey

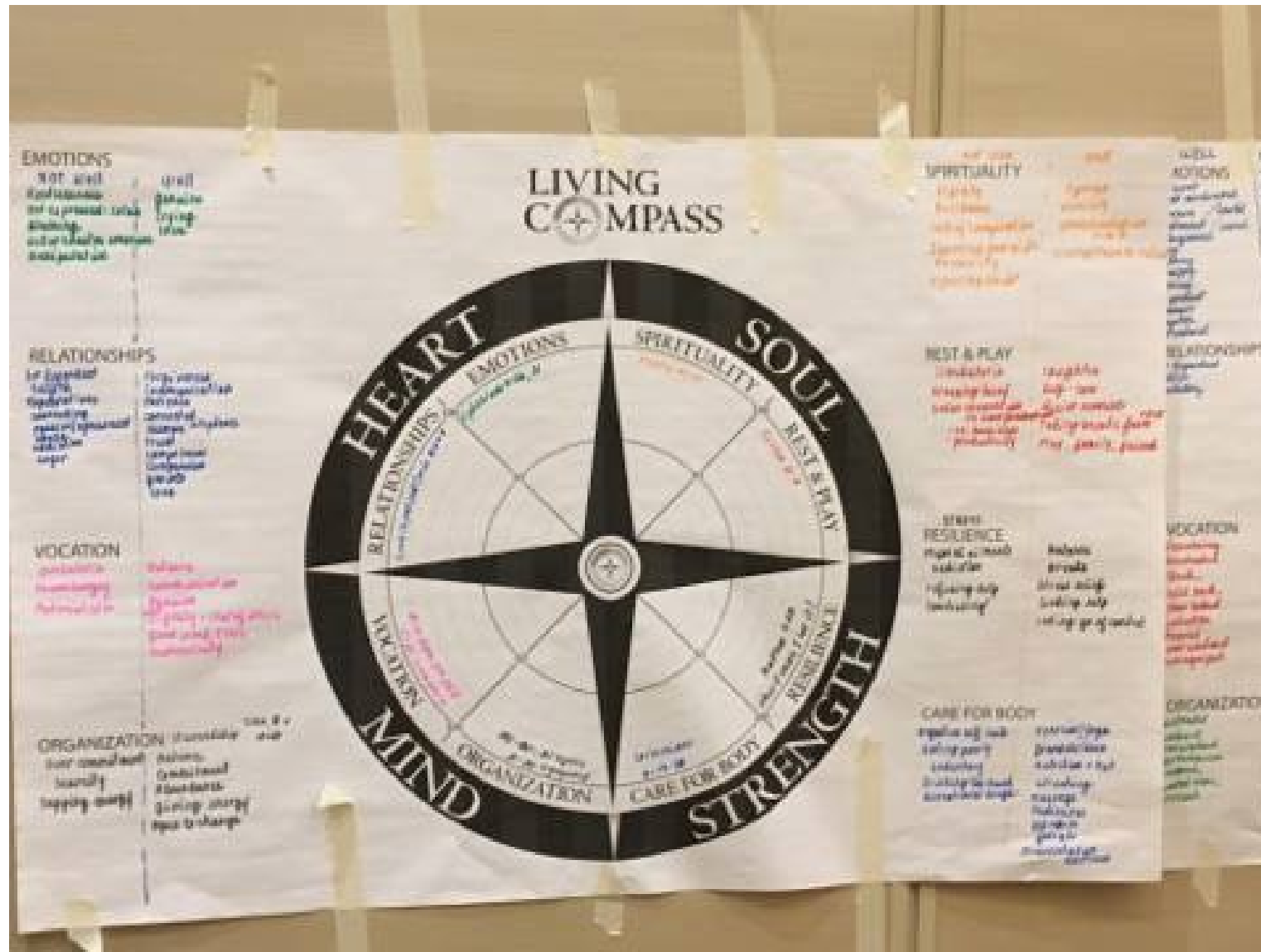
- Area of whole-person wellness you wish to address in this program
- Describe where you are right now in your life in this area of wellness
  - Relationships
  - Emotions
  - Spirituality
  - Rest & Play
  - Resilience
  - Care For Body
  - Organization
  - Vocation
- Describe what it will be like when you are where you and God want you to be in this area of wellness



Thoughts?



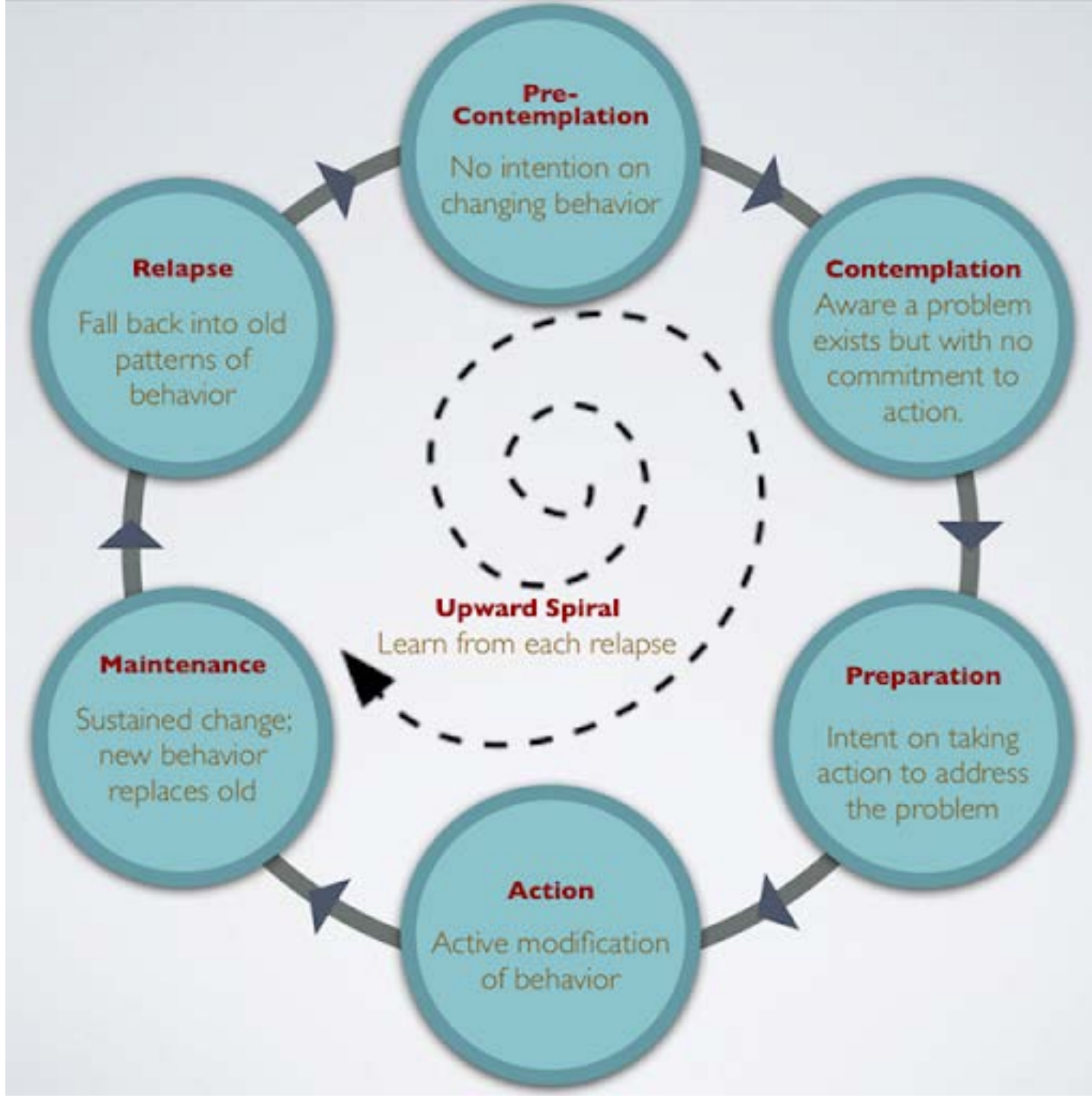
# Well vs. Not Well



Thoughts?



# Stages Of Change



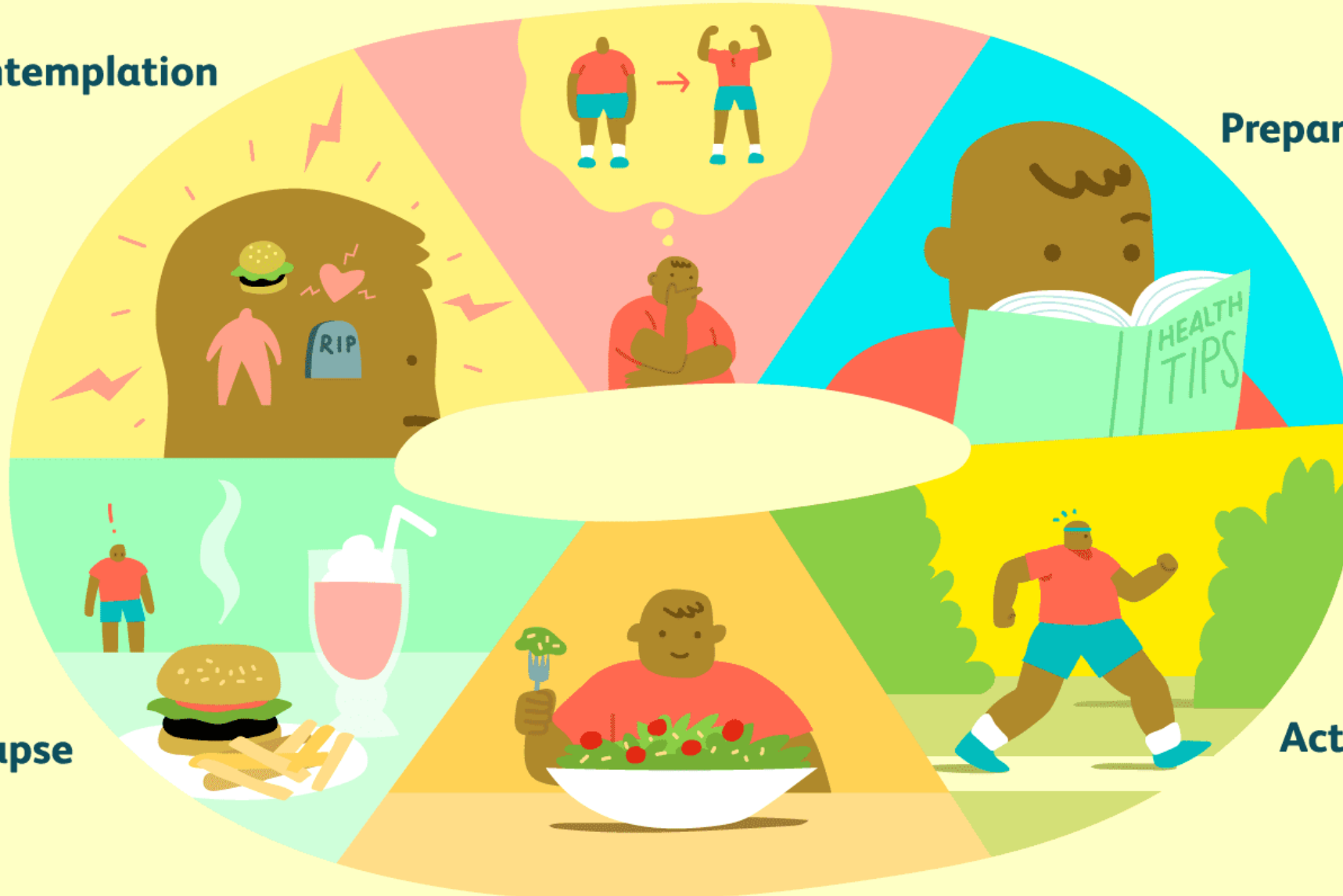


# The Stages of Change

Precontemplation

Contemplation

Preparation



Relapse

Action

Maintenance

# What Stage Of Change Do These Statements Represent?

- I'm always stressed out, but what else is new. Everyone I know is stressed out.
- I'm going to try going to bed earlier so I can get up and try working out in the morning
- I don't like feeling tired all the time, but I'm wondering what, if anything, I can do about it.
- I am going to start a gratitude journal this week and write three things I am grateful for in it each day
- I can't believe how good I feel since I rebalanced my work schedule 6 months ago

# What Stage Of Change Do These Statements Represent?

- I worry so much of the time, and my friend always seems to be able to just let things go. I wish I had what she has.
- I've lived this long without watching what I eat or exercising, so I don't need to start now.
- I see no need for going to church. I can believe in God without going to church
- I'm going to walk on the treadmill 3 times for 3 minutes over the next week
- Sometimes I think about reading the Bible more often, but I don't think it really matters to God whether I do that or not

# What Stage Of Change Do These Statements Represent?

- Sometimes I think about reading the Bible more often. I'm going to talk to my rector to see if she has any good suggestions for how to start doing this
- I heard about a new app that helps you budget and keep track of your finances. I'm going to download it and check it out
- My friend really likes his church. I've been thinking about going back to church. I'm going to have lunch with him and ask him about his church



# What Stage Of Change Do These Statements Represent?

- Pre-Contemplation
- Preparation
- Contemplation
- Action
- Maintenance
- Contemplation
- Pre-Contemplation
- Pre-Contemplation
- Action
- Contemplation
- Preparation/Action
- Preparation/Action
- Preparation/Action



# Reminder

- Remember, you are not a provider of direct care
- You are not addressing “illnesses.” Your focus is primarily raising awareness, offering prevention, and making them aware of all resources available
- You are offering a ministry to help individuals build stronger relationships with God and with one another and to build community

# Facilitating Is Not

- **Therapy:** Therapy focuses on healing pains and dysfunctions. Living Compass focuses on each individual generating growth that is strategic and action focused
- **Consulting:** Consultants help diagnose a problem and prescribe appropriate solutions as an expert. Living Compass facilitators help participants find their own solutions and encourage them to be the expert in their own lives
- **Training:** Trainers are instructors hoping to achieve specific objectives. Living Compass facilitators, instead, guide participants to create their own goals and objectives
- **Mentoring:** Mentors use their own experiences in specific areas to guide individuals. Living compass facilitators guide a process.

# Use Your OARS

- O – Open ended questions: How do you feel right now about the amount of stress in your life?”
- A – Affirm: I admire how open you are with sharing your fears about.....
- R – Reflect: You want to slow your life down, but you believe that it is not possible at this time. You know God forgives you, but you feel you cannot forgive yourself.
- S – Summarize: You feel like your job is taking over your life. You are concerned about the negative effect it is having on your health and on your family relationships.

# Questions To Ask

- Where is God in the midst of this change you wish to make?
- How does your faith support you in this change?
- What scripture(s) come to mind when you think of this change?
- What spiritual practice will help ground this change for you?

# Role Play Exercises

- Group 1: Heart Topics
- Group 2: Soul Topics
- Group 3: Mind Topics
- Group 4 : Strength Topics



# Questions for Soul

- Do you have a personal spiritual practice (prayer, journaling, walking in nature, bible study)?
- Are you active in a church community? Do you attend church regularly?
- Do you struggle with forgiving yourself or others?
- Do you feel God has a purpose for your life? Do you live in alignment with that purpose?
- How often do you play?
- Do you have hobbies that you enjoy?
- Do you get enough sleep?
- Do you take vacations?

# Questions for the heart

- Are you handling your emotions or are they handling you?
- Are you comfortable feeling and expressing the full range of emotions?
- Are you concerned that you might be suffering from depression or anxiety?
- Are you comfortable listening and being present to someone else who is hurting?
- How transparent and authentic are you in relationships?
- Do you turn to others when you need help or are you more of a “lone ranger?”
- Do you have any old, unresolved wounds from your family or origin that effect the quality of your relationships today?

# Questions for Strength

- Are you mindful about your nutrition and eating patterns?
- Are your eating choices primarily conscious or unconscious?
- Are you getting enough exercise?
- What role do alcohol or other drugs play in your life? Are you content with that role?
- Do any of the following events or possible events bring stress into your life (Divorce/break up, new relationship, new child, new job or loss of a job, finances, health issues, death of a loved one, work stress)

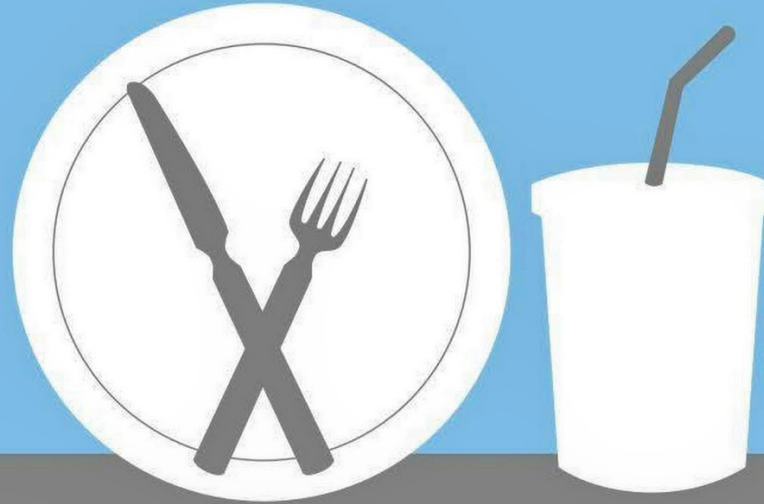
# Questions for the mind

- Do you have a sense of purpose in your work/school/service?
- How do you relate to those whom you work, serve or go to school with?
- Do you see a connection with your faith and your work/service/school?
- Do you see how your work/school/service fits into the bigger purpose of your life?
- How well do you organize the things in your life? (time, calendar, finances, living space, grocery shopping, meals, documents)

# Living Compass Mindset

- Wellness is rooted in supportive community
- Wellness is holistic, everything is connected
- The wisdom is in the group and in each person
- Most people want to have healthy and happy lives
- It's about helping people to make the changes they want to make for themselves
- Whatever we pay attention to will grow

*So, whether you*  
EAT OR DRINK,



*or whatever you do,*  
DO ALL TO THE  
GLORY OF  
**GOD**

1 CORINTHIANS 10:31

James Tate

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