



Welcome back to **MindGym!**

Here is my January edition: **Vision**



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Without a vision we can go astray or even find ourselves in an unhelpful place or situation that we'd rather not be in.



I've just finishing reading my Christmas holiday book, "Belonging - The Ancient Code of Togetherness" by Owen Eastwood. One of the chapters is on vision. Owen reminds us that the early explorers didn't know exactly where they were going or what the destination of their journey might look like but how important it was to have **something to aim for**.

What's up ahead for you and your team? What have I/we got to look forward to for this coming year? Where would I/we like to be at the end of this year?

We may not always get or achieve the answers to these questions when we get to the end of the year but it's a useful way of helping us to focus our minds on something that we may be desiring in and for our lives. It creates the right chemicals in our system to be happier and helps us to navigate the challenges along the way.

So how might we go about creating a vision? In the last Mindgym edition I spoke about the Wheel of life as a good way of reflecting on the past year. In this exercise, you may have determined what area of your life you might like to seek to work on or do better to rebalance or improve the whole of your life. You might like to begin to imagine what that might look like.

Another exercise you might like to try is visualisation. This is a good way of strengthening our good neural pathways, according to recent scientific studies. The more we can engage our emotions in the process, the stronger the connection in our neural pathways and the more hardwired and effective the exercise will be.



Try finding yourself a quiet space, sitting down, relaxing, taking in a few deep breaths. You might like to close your eyes and begin to imagine what you might like to see happen for you in the year ahead.

You may like to listen to some instrumental music to help you do so. As you sit or lie there in your space you may want to begin to notice what comes up for you in your imagination, any pictures or images.

As you sit or lie there you may begin to feel certain sensations in different parts of your body, just notice these and perhaps ask that part of yourself what is it trying to say to you? You may want to imagine the end of the year and a place or a situation that you might like to be in. Picture what's around you, how you might be feeling, what you might be seeing and hearing or even smelling.

You may experience or see some colours and feel warmth or coldness. Try and describe what that warmth or coldness might mean for you – like security or refreshment. You might like to take some deep breaths into all of that and see where that takes you.

After you've done that, you might like to write down or even record what your experience was like for you. There is no right or wrong answer. You are tuning into your subconscious, creative non-linear, part of your mind. You may be surprised at what you do come up with.



It may be something that could be helpful for you to aim for this coming year. Writing it down also gives us something to reflect back on and remind ourselves **where we are wanting to go**.

It's also useful to remember a couple of other things:



Firstly, as we keep focusing on and reminding ourselves of our vision it will help us when the challenges arise, which they surely will. We can remind ourselves that this is all still part of the journey. But don't let the end fall from view. A little like climbing a mountain, there's lots of little vistas and steep and rocky crags on the ascent. But that view from the top will be well worth it all.

Secondly, we may aim high and even if we only get half way to where we're aiming for – we're still halfway closer to where we first started. And the vista's still pretty impressive on the way up.

I hope these exercises help you and your team find vision for 2022. I look forward to sharing my next Mind Gym on **'Sleep'**!

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