



Creating Contentment Worksheet

What is contentment? Many Eastern cultures encourage contentment rather than happiness. They understand happiness as a temporary emotion, while contentment is thought to be a state of being, a way of seeing the world.

How can we create contentment, even in the midst of poor health, money issues, relationship troubles, or other challenges we face? Many of us have learned that our inner state depends on our outer circumstances. Since we were children we have been told a story that when we reach this milestone or achieve that accomplishment, we will live happily ever after. What we know from the research is that we actually have to cultivate our contentment from the inside. Then we can find the gifts, blessings, and lessons in whatever is going on around us.

Reaching Out

Watch this video about cultivating a life of contentment:

https://youtu.be/_ymeRSfVgvs

How did you feel after watching this video? What do you already do in your life for others that brings you contentment? What else would you like to be doing? Take a few moments to note down your thoughts here:



Dr. Check Spezzano teaches us that when we are drowning in our own sorrow, this is the perfect time to look up and listen for "greetings of love" and the "calls for help" around us. It is hard to stay in despair when you are in the company of those who really see you.

Even when you are not at your best, it's better to be around positive and hopeful others than all alone, according to research in interpersonal neurobiology. Being around helpful others supports our bodies and brains in regulation. We know that healing trauma, for example, is most effective through some form of relationship with another, even it's a helping professional.

It's a fine balance, as some of us use our focus on others to avoid acknowledging and healing our own inner pain. "Pain that occurred in relationship must be healed in relationship," as Dr. Spezzano often says.

Identify two people in your life that help you, and describe what it is about them that makes you feel supported.

_____ makes me feel
(name)
supported by _____

_____ makes me feel
(name)
supported by _____



In the video, the person found unexpected opportunities to support others, when we are socially isolated due to mental illness (or a pandemic!!) we may have to be more intentional about helping others. Identify two people or groups that you are called to help. These can be people you know such as friends, neighbours, or family members, or people you don't know that belong to a particular group, such as single-moms, victims of violence, or children in poverty etc. List some ideas you will begin to implement. (Remember, supporting someone to find their own way and trying to save them are not the same!)

[illegible]



Reaching In

In addition to anonymously helping others, having "gratitude and growth" mind-set can really help us develop inner contentment. When speak a silent "thank you" in each and every situation, our lives become a platform for our emotional and spiritual growth, not just a place to check off boxes.

List 10 things/people you are grateful for.

◇	_____
◇	_____
◇	_____
◇	_____
◇	_____
◇	_____
◇	_____
◇	_____
◇	_____
◇	_____



Growth mindset means we see even adversity as an opportunity to learn and grow. Let's imagine that even illness has something to teach us. What meaningful lessons about yourself and life have you learned from having depression or anxiety?

(Record your thoughts below.)

How can you use the above understanding to access contentment on difficult days?

When I am having a bad day, I will remember:

1. _____
2. _____
3. _____
4. _____