



Welcome
CIVICUS,
Activists/Labers,
Claudine, and
Interpreters!

Ginhawa

On *Meaning-making, Freedom, &*
Identity

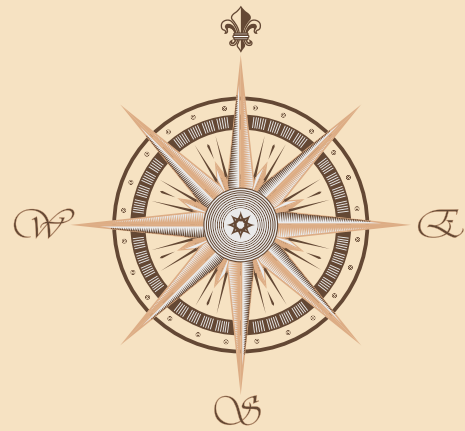


with your story-weaver:
Naro



Ginhawa

Map of January's
Voyage



Pakikipag-kapwa

Being with each other

20 min



Act 1

Paglalayag

Making Sense of 2021

40 min



10 min
break



Paghilom & Laya

5 min



Act 2

Identity

The Story of "I"

40 min

How was my ginhawa or wellbeing in 2021?



**What emotions from the past year
am I still carrying?**



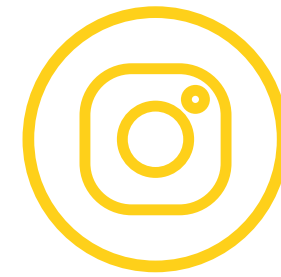
What am I grateful for?

What am I hopeful for?



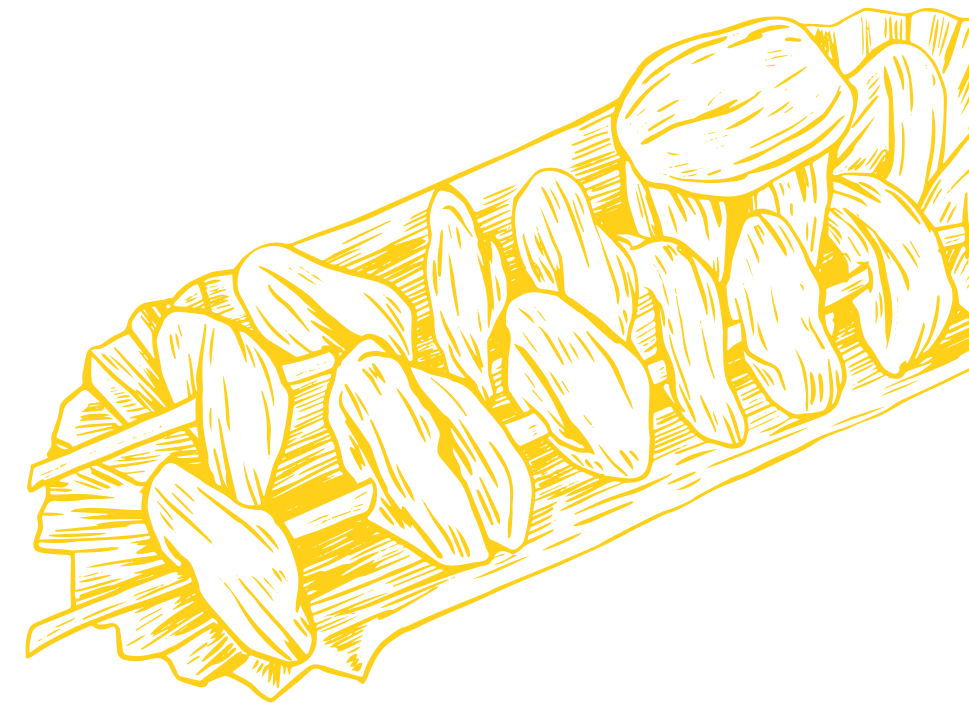
What do I want to forgive myself for?
What do I want to forgive others for?





pahuwqay

10 minute break



What do I want to:

START

CONTINUE

STOP



Dimensions of Happiness



The Pleasant Life

Ligaya / Sarap
Positive emotions
Skills
Pleasure

The Good Life

Gaan / Gana
Content
Flourishing
Feeling capable and not
overwhelmed

The Meaningful Life

finding meaning, value, and
purpose in one's life

What kind of person was I in 2021?

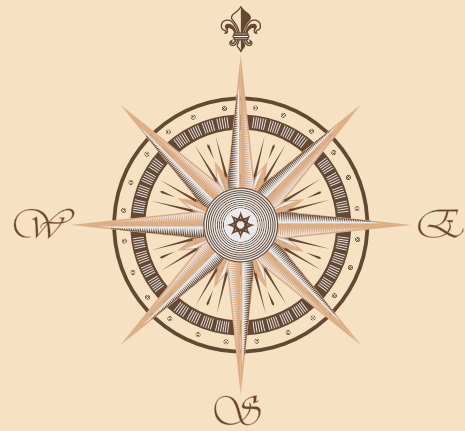


**What do I want to discover about
myself this 2022?**



Ginhawa

Map of January's
Voyage



Pakikipag-kapwa

Being with each other

20 min



Act 1

Paglalayag

Making Sense of 2021

40 min



10 min
break



Paghilom & Laya

5 min



Act 2

Identity

The Story of "I"

40 min

Ginhawa

Daghang salamat!
@ CIVICUS,
Activists/Labers,
Interpreters &
Claudine

Feel free to get in touch any time.
We are here for you and for any
social justice defender:
keriforactivists@gmail.com
fb.com/kerimentalhealth

The logo for 'keri' features the letters 'k', 'e', and 'r' in red, and the letter 'i' in blue. The letters are stylized and lowercase.

See you next in Feb!



PAGLALAYAG

MAKING SENSE OF 2021

THE FEELINGS WE CARRY



FORGIVING MYSELF AND OTHERS



VISUAL SUMMARY BY CLAUDINE DELFIN



IDENTITY

THE STORY OF "I"

DIMENSIONS OF HAPPINESS

THE GOOD LIFE

CONTENT AND FLOURISHING



THE PLEASANT LIFE

POSITIVE EMOTIONS, SKILLS, AND PLEASURE



THE MEANINGFUL LIFE

FINDING MEANING, VALUE, AND PURPOSE IN MY LIFE



WHAT I WANT TO DISCOVER ABOUT MYSELF THIS 2022



WHAT KIND OF CREATIVE PURSUITS I COULD EXPLORE MORE



HOW CAPABLE I AM TO BETTER MY LIFE



HOW I WILL TURN OUT WHEN I AM HEALED