



Wellness Lesson 5 Manual

LEARNING & ATTACHMENT VS AUTHENTICITY

Continuous learning is essential for wellness as it boosts self-esteem, provides a sense of purpose, and promotes personal growth. It expands horizons, enhances employability, and stimulates intellectual curiosity, leading to a more fulfilling life experience. As we learn more about ourselves, we can become more authentic in our approach to life.

Authenticity promotes emotional well-being. When individuals embrace their true selves, they experience a sense of inner congruence and self-acceptance. They no longer have to put on a facade or pretend to be someone they're not, which reduces the internal conflict and stress that comes with inauthentic living. This allows for greater emotional stability, improved self-esteem, and a stronger sense of identity. By being genuine and true to themselves, we foster deeper and more meaningful connections with others.

Releasing unhealthy attachments promotes well-being by fostering emotional freedom, self-awareness, personal growth, healthier relationships, and reduced stress. It frees individuals from emotional entanglement and dependence, allowing them to cultivate autonomy, self-reliance, and inner peace. Releasing unhealthy attachments creates space for personal growth, self-discovery, and the pursuit of passions and goals

Key Concepts

- Exploring Learning
- Exploring Attachment vs Authenticity
- Reflection Task



Lesson 5 Task

1. Complete the Reflection Task (see Page 6)



Learning & Attachment vs Authenticity

Reflect

When was the last time you learnt something new and exciting?

In what ways are you different in different areas of your life?

Note down some insights.

"Learning never exhausts the mind."

- Leonardo Da Vinci

Reflect

Why is it important for you right now to learn something new? How will this new learning impact your life?

Note down THREE insights.

1.

2.

3.



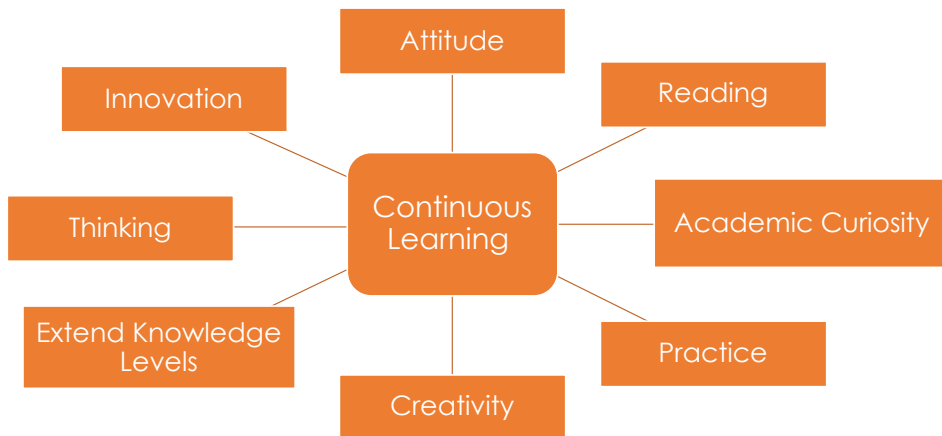
Learning & Attachment vs Authenticity

Reflect

What is the most important thing you can learn this year and why? When and how are you going to start? How will this new learning impact your overall Stress Management?

Note down your commitments.

Learning is a Lifelong Journey



Reflect

What will be the impact on your life if you don't keep the commitments to learning you have made today? What do you risk?

Note down some insights.



Learning & Attachment vs Authenticity

"Most people abandon their true selves to please others and keep relationships, even if they are ones that are toxic and destructive."

-Dr Gabor Maté

Reflect

Think back on when you were younger. How might you have learned (even unconsciously) to prioritise attachment over authenticity?

What areas of your life does this affect now?

Note down your insights.



Everything you judge about yourself served a purpose at the time.



Learning & Attachment vs Authenticity

Reflect

How can you navigate Attachment vs Authenticity in your life in a healthier way?

Set at least 3 steps you will take.

1. _____

2. _____

3. _____

"If you trade your authenticity for safety, you may experience the following: anxiety, depression, eating disorders, addiction, rage, blame, resentment and inexplicable grief."

- Brene Brown



Learning & Attachment vs Authenticity

Reflection Task

1. **Share what you learnt today with 5 people outside of the program and record your insights.**

2. **Write in a journal or keep notes in your phone each time you feel shame, anger, guilt, hurt, sadness or fear.**
 - Try to discover the patterns of when and why are you feeling those emotions. What needs might they be signaling to you?
 - Can you think of some healthy ways you can meet those needs?

3. **Meet with your accountability buddy to share your learnings and plan to learn more and become more authentic**