



CASE STATEMENT

*Imagine a world where well-being is
available to everyone*

SEPTEMBER 2022

INTRODUCTION

“Be kind, for everyone you meet is fighting a hard battle.”

Although written in 1894 by Ian Maclaren in Beside the Briar Bush, those words feels more dramatically real than ever before. Having traveled through a pandemic alongside the current political unrest, a mental health crisis and the growing concern for the planet’s health, all of us are fighting a hard battle.



More than 60% of doctor visits are stress-related.

Psychologists, therapists, and psychiatrists are overbooked and worn down by the number of people dealing with depression, loneliness, fear and anxiety, much of which is fed by 24-hour accessibility to work, divisive social media and devastating world news. On top of this, families feel separated by politics, religion and lifestyle choices.

A BRIDGE TO UNITE US

The social divisions seem so great that we are afraid to talk openly about what we might envision as a bridge to unite us without the conversation leading to an argument. Fear of the unknown and differences have driven human survival for eons, yet it does not serve us well now. Fear is part of the burden we all carry, our common humanity, and invites self-compassion and compassion for others as part of the way forward.



While everyone is facing a very hard battle, many do not have the financial capacity or insurance coverage to get help with these overwhelming stresses. The volunteer guides of Imagine Well Being passionately believe well-being education, practices and supportive communities should be available to EVERYONE in a free and public forum. Because of this hundreds of people, many who cannot afford well-being services, are finding ways to deal with the stresses of everyday life.

IMAGINE WELL BEING...

...equips trained volunteer guides to provide personal and relational mindfulness, meditation, gentle yoga and community conversations. Guides also offer nature-based mindfulness practices introducing people to the reality that humans are nature and nature's seasons, and cycles have much to teach us about life, suffering, hope and wisdom. These offerings include practical and mindful ways to practice care for the earth bringing meaning, purpose and hope to people and the planet at the grassroots!

We are just beginning our second year as a non-profit, and we invite you to check out the brief 2021 Annual Report here: [2021 Annual Report](#).

The dream of growing regional chapters worldwide is happening as Imagine Well Being volunteer guides in Portland, OR, offer community gatherings and mindfulness in nature to everyone at no charge.

At most, we ask for financial support from those who can afford to do so just twice a year. It is your donations that keep the Imagine Well Being vision not only alive but growing and reaching around the world. What could be more gratifying than knowing that your gift is transforming the world one person, family and community at a time?



Your Donation Provides:

- Salary for one part-time administrative coordinator
- Volunteer training, support and oversight
- Liability insurance for all volunteer guides and participants
- Website updates
- Social media postings
- Annual charges for Zoom and Meetup
- Support for costs of Imagine Well Being events
- Non-profit policy and records
- Monthly inspirational resource
- Volunteer and participant database
- Donor records and acknowledgments

To contribute:

DONATE

or go to:

imaginebeingwell.org/donate