



MENTAL HEALTH PRACTICES

FOR THIS WEEK

What do you sense in your body?

What do you sense in your mind?

What do you sense in your heart?

What do you sense in your spirit?

- Take the bulletin home and use the Welcome questions to check in with how you are feeling once a day. Remember, no emotions are better or worse than others. Take this opportunity to notice, name, and acknowledge your feelings without judgment.

- Begin or end each day by repeating a simple breath prayer three or four times. As you inhale deeply, say or think the first half of a comforting verse or phrase, then as you exhale, say or think the second half of the comforting verse or phrase. For example: *inhale* “Lord Jesus Christ,” *exhale* “grant me your peace,” or *inhale* “Restore us, O God;” *exhale* “let your face shine, that we may be saved.”

- Set aside the time to make a simple, healthy meal at least once this week. While eating the meal, slow down and take time to enjoy the flavors and express gratitude for all the hands, including your own, that contributed to making this meal a possibility. If you are sharing the meal with others, invite them into the practice with you.



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