



MENTAL HEALTH PRACTICES

FOR THIS WEEK

What do you sense in your body? Does it feel tense or relaxed, tired or energized?

What do you sense in your mind? Does it feel busy or calm, anxious or excited?

What do you sense in your heart? Does it feel heavy or contented, lonely or hopeful?

What do you sense in your spirit? Does it feel burdened or peaceful, disappointed or grateful?

- 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.
- When you experience a challenge or difficult emotions this week, take a moment to write down the story of what happened and how you are feeling about it. Consider writing it like a prayer, addressing the story to God and trusting that God can hold your story and your feelings with love and care.
- Reach out and tell someone in your community of friends and family about a difficult situation and/or difficult feelings you are experiencing. You could even find someone ahead of time and make a pact to call each other when you each face challenges this week. Remember to practice compassionate and nonjudgmental listening. Resist the urge to interrupt or offer advice. Instead, actively listen while offering empathy, acceptance, and validation of the emotions expressed.
- If you are wondering how nonjudgmental and compassionate listening sounds in a conversation, some helpful phrases to use might be: “I hear you saying that you’re feeling _____. Do I have this right? Would you like to say more?” or “Thank you for trusting me with your story. This sounds like a difficult situation.”



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