



MENTAL HEALTH PRACTICES FOR THIS WEEK

What do you sense in your body? Does it feel sleepy or awake, tight or loose?

What do you sense in your mind? Does it feel peaceful or restless, distressed or at ease?

What do you sense in your heart? Does it feel proud or downcast, sorrowful or joyful?

What do you sense in your spirit? Does it feel broken or whole, abandoned or redeemed?

- 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.

- As you continue to practice nonjudgmental and compassionate listening with yourself and with others, consider using the following question: "Are you ready to consider a solution or do you still need time to feel your emotions?" When/if you or they are ready to consider solutions, resist the urge to take on a "fix it" mindset. Rather, out of the emotions and stories that have been shared, ask "What does wellness or flourishing look like for you, and how could we start moving in that direction?"

- If you are contemplating your own emotions, use the previous question as a prayer. Ask God to show you what flourishing might look like and sit in silence for a few minutes to listen for God's answer. This is a lifelong prayer, a question to bring to God over and over on the journey to mental wellness.

- Take a walk in your neighborhood. Feel the ground beneath your feet and notice your surroundings. Is there something you or a community group you belong to could do to make the neighborhood a healthier, more connected place to live? Better yet, strike up a conversation with one of your neighbors. Talk to them about what they think the neighborhood needs to become a stronger community. Feeling welcome and belonging in our neighborhood is important to our own mental health, but also the collective mental health of our community.



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