



CALL TO ACTION

WEEK 1: BELONGING IN THE TEMPLE OF GOD

- Naming our emotions is an important step in tending our emotional health. Spend 10 minutes each evening this week to answer the question “What emotions did I feel today?” Think through your entire day and write down what emotions you remember. If you have difficulty naming the emotion, use this emotion wheel from The Gottman Institute (<https://www.gottman.com/blog/printable-feeling-wheel/>) to help you identify your emotions.
- A simple thing you can do to tend your day-to-day emotional health is stay hydrated. Being even mildly dehydrated can contribute to feeling low energy, nervous, or anxious. This week, aim to drink one more glass of water every day and see what impact it has on your emotional—and physical—health!
- Take a moment this week to check in with a neighbor who may be having a hard time. Offer to be a no-judgment, no-pressure sounding board if they need someone to talk to. Or, just let them know you were thinking of them and ask if there is anything you can do to help.
- Investigate offerings from the National Alliance on Mental Illness in your area (nami.org). Whether you would benefit from one of their support groups or want to volunteer with the NAMI HelpLine, being informed about NAMI’s services can help the whole community as we seek to support individuals with mental health challenges.