
W E L C O M E T O

LOM Leadership Training Event 2020

Mental and Spiritual Health

November 10, 2020



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**YOUTH MINISTRY &
MENTAL HEALTH INITIATIVE**
NORTHEASTERN MINNESOTA SYNOD

Agenda

- Tending to Ourselves
- Tending to Others
- Self-Care Resources



Mindfulness Practice



“To truly listen is to risk being changed forever.”




James (Sa'ke'j) Youngblood Henderson



Tending to Ourselves

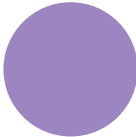
Why Self Care



-  Self care helps to prevent stress and anxiety
-  Self care gives the mind, body and spirit time to rest and rejuvenate
-  Self Care makes you more effective

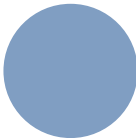
Mental Well-Being: Back to the Basics

Sleep



Exercise

Nutritious food



Stay connected to your support system

Routine (realistic schedule)



Play, laugh, create, pray

Immediate Environment



Ask for Help

CANs

- ✓ NAME UNDERLYING FEELINGS
- ✓ REACH OUT FOR HELP
(See doctor, therapist (telehealth), take meds)
- ✓ BOUNDARIES



Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money Management
Paying Bills
Boundaries

Work



Time Management
Work
Boundaries
Breaks

mental health SUPERPOWERS

crazyheadcomics



taking care
of your body



setting
boundaries



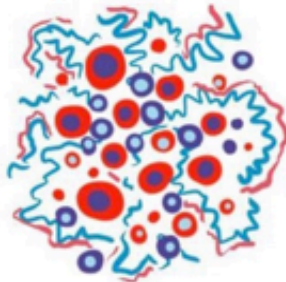
valuing yourself



celebrating
small victories



practicing
forgiveness




expressing
gratitude


- Taking care of your body
- Setting boundaries
- Valuing yourself
- Celebrating small victories
- Practicing forgiveness
- Expressing gratitude


If you're struggling with
your mental health right now


mellow doodles


INSTEAD OF

 Critical self talk


 Pushing & pushing

 Trying to do it all


 Overthinking


 Your normal
workload


TRY

 Celebrating small wins

 Taking a nap or rest

 Asking for help

 Listening to an audiobook
or podcast

 Setting 3 realistic
goals per day

in

COMPASSION FATIGUE

Compassion: to *suffer* with



Withdrawn

Irritable and Joyless

Depressed

Negative Coping Skills (compulsive behaviors).

Footprints In The Sand



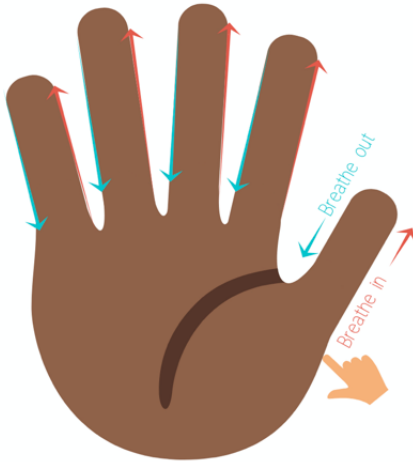
*Lord, You Said That Once I Decided To Follow
You, We Would Walk Side By Side Through
Life. But When I Needed You Most, I
Saw Only One Set Of Footprints In
The Sand. The Lord Replied 'I Love
You And I Would Never Leave You
During Your Times Of Trial And
Suffering. When You See Only One Set Of
Footprints It Was Then That I Carried You.*

Coping Skills

Specific tools and techniques that we can use to help handle difficult emotions, decrease stress and help regain our center when everything is uncertain.

Coping Skills

5 Finger Breathing



I BREATHE...

Flower Candle Breath

INHALE THROUGH YOUR NOSE AND SMELL THE FLOWERS!

EXHALE THROUGH YOUR MOUTH AND BLOW OUT THE CANDLE!!

@gozenlove #gozenlove

FIVE WAYS TO WELLBEING

BY TAKING THESE FIVE SIMPLE STEPS, YOU CAN IMPROVE YOUR WELLBEING AND FEEL THE BENEFITS.

CONNECT

BE ACTIVE

Give

TAKE NOTICE

KEEP LEARNING



Tending to our Spirituality

WE ARE MADE TO BEND



When life's strong winds come blowing, bend with them, and let go. By bending you will become stronger in new places. By letting go, you will be making room for the new and better.

Pre-order the book: getsuperpowered.com

FREE RESILIENCE SKILLS: [facebook.com/groups/getsuperpowered](https://www.facebook.com/groups/getsuperpowered)

MY SELF-CARE TODAY

I Feel...

Overwhelmed

Stressed

Anxious

Sad

Angry

Drained

Broken

Upset

I Need to...

Take a break

Focus on relaxation

Practice my coping skills

Be loving toward myself

Find a positive outlet

Rest (mind, body soul)

Practice (self)compassion

Find love & support



Tending to Others

Staff: Mental Well-Being



Role model, embrace and encourage self care



Keep staff accountable



Open Communication



Continuing education/
Mental health training

Send a weekly email or check-in

Ask:

- How are you feeling?
- What is giving you the most stress this week?

Staff Meetings: Mental Health Check in



01.

Body

How are you staying healthy?
Are you getting enough rest/sleep?

03.

Work Boundaries

How do you unplug from work each day?

02.

Mind

What are you doing this weekend?

04.

Spirit

What restores your spirit?

Summer Staff



Ask Mental Health Professional to speak at staff training.

Trauma Specialist, Local Chaplain, Host a Panel of Speakers

Include Mental Wellbeing Activities into Summer Programming

Yoga, Calm-down Box, Rest, Exercise, Writing, Art, Prayer Practices

Provide Mental Health Resources

12 Step Meetings, Telehealth Therapy Space, Family Resources, Grief and Loss, Eating Disorders



Resources

RESOURCES

- Virtual Calming Room
 - <https://sites.google.com/wayzataschools.org/virtualcalmingroom/home>
- Mental Health Resources to Address and Understand COVID 19
 - <http://www.nemnsynod.org/mhccovid19.html>
- Hazelden Betty Ford
 - <https://www.hazeldenbettyford.org/treatment/family-children/childrens-program/resources>
- Sesame Street in Communities
 - <https://sesamestreetincommunities.org/topics/>
- The Dougy Center
 - <https://www.dougy.org/>
- CDC
 - https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster_2.pdf

RESOURCES – CRISIS COUNSELORS

- Trevor Project (LGBTQ) 1-866-488-7386. Text 678678
- National Suicide Prevention Hotline 800-273-TALK (8255)
- NAMI 800-950-NAMI (6264) (M-F 10am -6 pm)
- NAMI Crisis Text Line 741-741
- National Domestic Violence Hotline- 800-799-SAFE (7233)
- Hazelden Betty Ford-1-877-746-0473
- National Sexual Assault Hotline 800-656-HOPE (4673)



CLOSING BLESSING