



Dear Stress,
Let's break up.
♥ Me



YEVC
National Women's
Ministry Breakout
Session

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Presenter:

Minister

Marie Guilliam



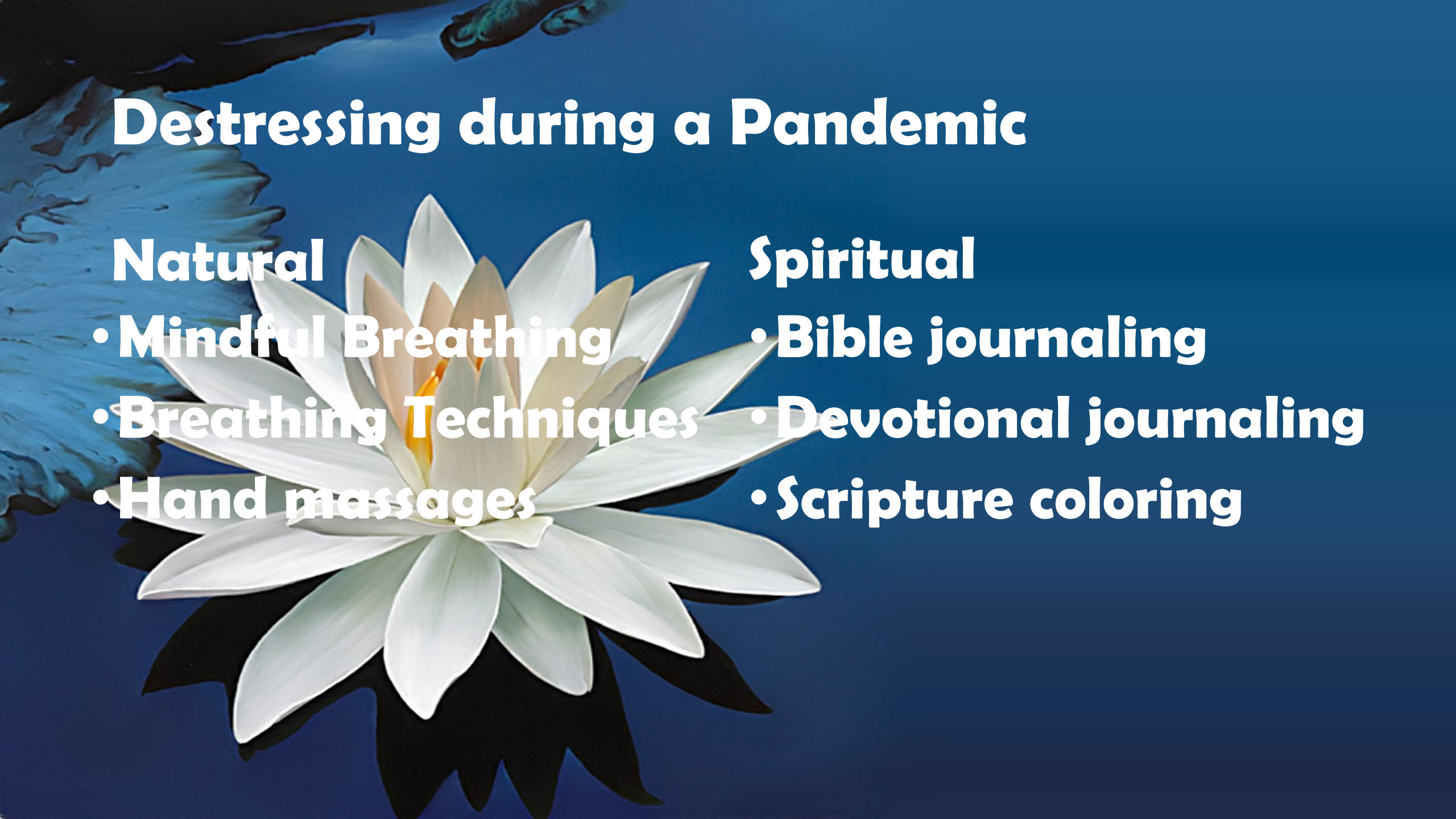
Destressing during a Pandemic

Natural

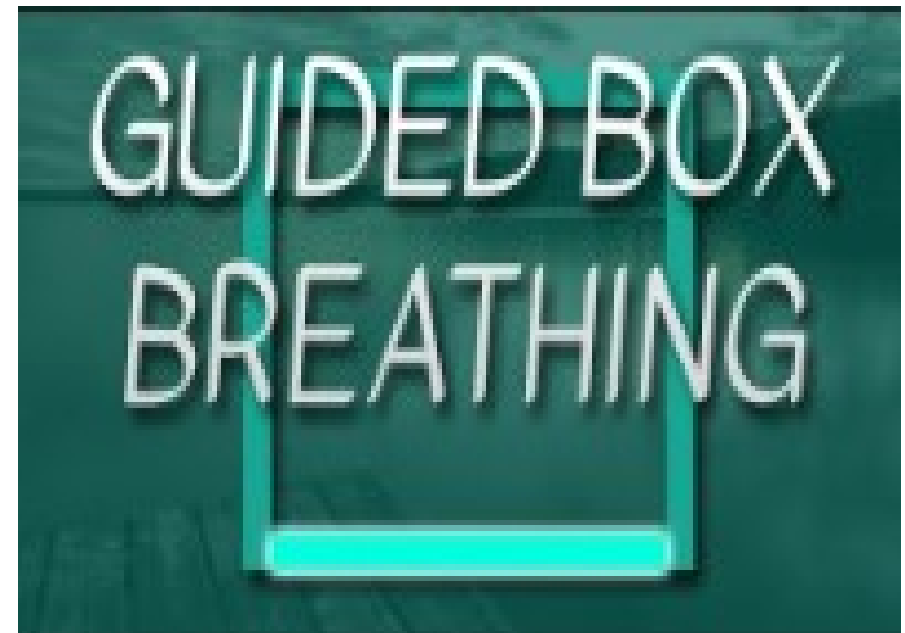
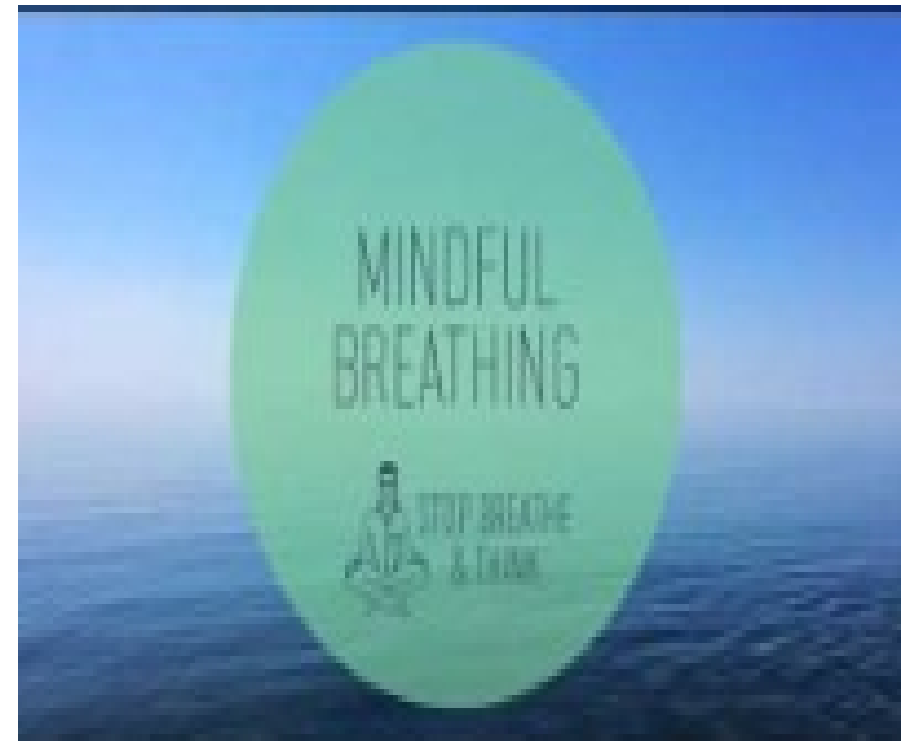
- Mindful Breathing
- Breathing Techniques
- Hand massages

Spiritual

- Bible journaling
- Devotional journaling
- Scripture coloring



Breathing Techniques





Hand Massage for Anxiety





Bible Journaling and Coloring



Mindfulness

What is Mindfulness?



Mindfulness

- **Mindfulness is not just sitting on a pillow on the floor. Mindfulness is so much more!**
- **It's a way to live our everyday lives a way to have a more enjoyable life and less stressful**



Mindfulness

- **Mindfulness can be applied to everything in our lives**
- **Eating**
- **Walking**
- **Reading**
- **Sitting**
- **It is a choice we can make at any moment**



Mindfulness

- **It is a way to better understand how you feel and what you are experiencing at any moment of our lives**
- **It is about being aware of the present moment instead of replaying the past or worrying about the future**



Mindfulness

- **Mindfulness is choosing to be kind not only to others but to ourselves.**
- **We need to engage in our everyday lives**
- **Bring open awareness to all life's moments**
 - **Pleasant**
 - **Neutral**
 - **Unpleasant**
- **Mindfulness simply means to be in the present moment on purpose**



Mindfulness Exercise

Right Now!



Mindfulness

- **As we are all church folks Mindfulness is for us to use in our Spiritual growth**
- **As we Speak to God**
- **As we Pray to God**
- **As we Read the Word of God**
- **Be in the Moment**
- **Be aware of the words we Read, Say and Hear**
- **Let the words penetrate our Natural lives and Our Spiritual lives**



1-800-662-HELP (4357)



- **About Anxiety**
- **Calling an anxiety helpline is a good way to reach out for help if persistent anxiety is affecting your quality of life. Anonymous and confidential, free anxiety hotlines can offer a compassionate, nonjudgmental ear and connect you with valuable resources that may help you take control of your anxiety. While some level of anxiety is a normal response to stress, anxiety that persists when no stress is present can be problematic and may be indicative of an anxiety disorder. If you suffer from excessive anxiety, you're not alone. In fact, according to the National Institute of Mental Health, anxiety disorders affect around 18% of the U.S. population, making them one of the most common mental health disorders in the country.**



Boys Town National Hotline: 1-800-448-3000

- **Anxiety in teenagers is becoming more common as they face the mounting pressures of schoolwork, college preparation, first jobs, social activities, and becoming an adult, on top of any issues they may face with their families at home. Both children and parents can call this hotline 24/7 for free crisis intervention services, plus information and referrals to valuable mental health resources. Email, text, and online chat-based services are also available.**

**Teen Line: 1-310-855-HOPE
(4673) or 1-800-TLC-TEEN
(852-8336)**

- **Another valuable resource for young adults facing anxiety, Teen Line offers teen-to-teen counseling services available between 6 p.m. and 10 p.m. PST. Callers can talk to one of their peers about what they're going through and learn strategies that have helped other young people just like them. The service is also available by texting "TEEN" to 839863, as well as via email and message boards**



National Alliance on Mental Illness (NAMI) Helpline: 1-800-950- NAMI (6264)

- The staff at NAMI are well-trained to answer questions on a wide range of mental health issues, including anxiety. Available Monday through Friday from 10 a.m. to 6 p.m. EST, this organization provides free information and referrals to treatment programs, support groups, and educational programs. NAMI also offers help for family members, information about jobs programs, and connections to legal representation in your area.





Crisis Text Line Text 741741

- **Many people, especially teenagers and young people, are growing up more comfortable speaking via text message. The Crisis Text Line serves anyone in the United States with this confidential and free 24/7 text line, connecting you with a trained crisis counselor.**



Questions ?

**Thank you
Minister Marie Guilliam**