



## Resources for May/June 2022

### EMOTIONAL WELLNESS



*“Above all else, guard your heart,  
for everything you do flows from it.”  
Proverbs 4:23 NIV*

**Here are some favorite verses that help us focus on emotional wellness.  
Which one(s) will you write on the tablet of your heart?**

- *“Wait for the Lord; be strong and take heart and wait for the Lord.”  
Psalm 27:14 NIV*
- *“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” 2 Corinthians 1:3-4 NIV*

- *“He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.” Psalm 91:4 NLT*
- *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7 NIV*
- *“God is our refuge and strength, an ever-present help in trouble.” Psalm 46:1 NIV*
- *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” Philippians 2:3 NIV*
- *“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” Colossians 3:13 NIV*
- *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30 NIV*
- *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27 NIV*



**For boosting your emotional wellness, consider these recommended reads:**

***Strong Women, Soft Hearts*** by Paula Rinehart <https://amzn.to/3MF1rBk>

***The Circle Maker*** by Mark Batterson <https://amzn.to/3sPZIWb>

***Burnout*** by Emily Nagoski and Amelia Nagoski <https://amzn.to/3sQK1sm>

***Get Out of Your Head*** by Jennie Allen <https://amzn.to/3wEjzoh>

***The Dance of Anger*** by Harriet Lerner <https://amzn.to/3PEctY4>

***Untangling Emotions*** by J. Alasdair Groves & Winston T. Smith  
<https://amzn.to/3MJ06bt>

***I'll Be There (But I'll Be Wearing Sweat Pants)*** by Amy Weatherly and Jess Johnston  
<https://amzn.to/3GkUQsn>

***The Gifts of Imperfection*** by Brené Brown <https://amzn.to/3G6Z46N>

***It's Not Supposed to Be This Way*** by Lysa TerKeurst <https://amzn.to/3ICmNCn>

***Holding On When You Want to Let Go*** by Sheila Walsh <https://amzn.to/3PJrc2>



**We also found some online encouragement for you:**

CCUM Pastoral Counseling <https://ccum.net/care/>

What Is Emotional Wellness?

<https://www.verywellmind.com/emotional-wellness-5206535>

Friendships: Enrich Your Life and Improve Your Health

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

Scriptural Reflections for Mental Wellness

<https://www.umc.org/en/content/scriptural-reflections-for-mental-wellness>

Sanctuary Mental Health Ministries

<https://www.sanctuarymentalhealth.org/blog/>

National Institutes of Health Emotional Wellness Toolkit

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

HealthyChildren.org Emotional Wellness  
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/default.aspx>

Video on Holy Listening Stones (for parents *and* kids)  
[https://www.youtube.com/watch?v=9MGygtW\\_504](https://www.youtube.com/watch?v=9MGygtW_504)

FamilyDoctor.org Mental Health: Keeping Your Emotional Health  
<https://familydoctor.org/mental-health-keeping-your-emotional-health/>

### **Here's an App you might consider adding to your devices:**

Find peace with **Abide**. <https://abide.co/> Listen to Biblical meditations. Sleep better and stress less with Christ.



### **Finally, a few personal reflections on emotional wellness from our Women's Ministry Team:**

"Psalm 91:4 promises us, 'He will cover you with his feathers. He will shelter you with his wings.' The question is, will we come to Him and remain near to enjoy that covering and shelter?"

—*Michele Moody, Connections Leader*

"When a friend suffers a tragedy or devastating diagnosis, we often find ourselves without words. But I am learning that words aren't what matter. What matters is that we show up for our friend. Be present and hold her hand—figuratively and literally."

—*Jenny Fishback, Wellness Leader*

"We have heard it many times, to stop, count to ten, and then resume whatever we were doing. This is a good reminder to slow down, look around, and create balance and

harmony in our lives. Take a deep breath and relax for a few minutes. And *pray*. Give it all to God.”

— *Bekki Livingston, Director of Women’s Ministry*

“Sometimes our volatile emotions can take us places we didn’t mean to go, wounding those around us. Two simple words can make all the difference: ‘I’m sorry.’ A sincere apology goes a long way toward restoring a relationship. And confession is the surest way to find forgiveness from the One who made us and loves us: ‘If we tell Him our sins, He is faithful and we can depend on Him to forgive us of our sins.’” 1 John 1:9 NLV

—*Liz Curtis Higgs, Bible Study Leader*



*Women’s Ministry*  
at Christ Church