

WELLNESS RESOURCES FROM THE CARE TEAM

We are living in challenging times. Many of us are feeling depleted, anxious and fearful. These feelings can affect our mental, physical and spiritual well-being. The normal avenues for connection and community are no longer available. How will we make it through a dark, wet winter with Covid restrictions in place?

We want to encourage you to build your resilience by actively engaging in practices that foster well-being. In the natural world, a diverse ecosystem is a resilient ecosystem. Below you will find resources and ideas for deepening your prayer life, calming your nervous system and bolstering your own “biodiversity”.

Sanctuarymentalhealth.org: many free resources including

- [A Meditation](#), by Hillary McBride
- [Finding Light in the Deepest Dark](#) an Advent resource
- [Faith, Grief and Covid 19: A Conversation](#) (through 4 films)
- [Five Ways to Wellbeing for Children](#)

[Pray-as-you-go.org](#) [also an app]

- Daily prayer meditation
- Prayer awareness exercises: [Loneliness, Anxiety, Depression, Grief, etc](#)
- Retreats and Series:
 - [Healing Hands](#): prayer support for health care workers (2 sessions, for before and after a shift)
 - [Mental Health Awareness exercises](#)
 - [Walking prayer guide](#)
 - [Pray as you Stay](#): prayer support series for times of self-isolation

Meditation apps:

- Centering Prayer
- Lectio 365

Sabbath:

- A weekly practice of setting time aside, away from screens and technology and towards making space for rest and delight in God
- Think creatively about how to spend some time with the One who loves you

Physical Activity:

- Reach out to a friend for a walk
- Reach out to an online community ([MadFit](#), [Yoga with Adriene](#), [Body Project](#), etc on youtube) for some at-home exercise
- [Research](#) indicates that moving your body is linked to feeling happy!

Increase your exposure to beauty and creativity:

- [Nature](#)
- Art
- Music
- Poetry

Increase your [gratitude](#): keep a journal, slow down and be mindful of even the smallest bits of goodness in your life.

Practice altruism: caring for others helps lift our own spirits.

[Mental Health All Stars](#): Allies in the Fight Against the Void.. plus the [Racoon Version!](#)

Contact care@gcbchurch.ca if you would like to connect with someone about ways to increase your wellness biodiversity!