

SCRIPTURES

FIND REST FOR YOUR SOUL

not so small talk

even when i walk through the darkest valley, i
will not be afraid, for you are close beside me.
your rod and your staff protect and comfort me.



the LORD is a shelter for the oppressed, a refuge in times of trouble. those who know your name trust in you, for you, O LORD, do not abandon those who search for you.



even in darkness light dawns for the
upright...they will have no fear of bad news;
their hearts are steadfast, trusting in the Lord.



i waited patiently for the LORD; he turned to me
and heard my cry. he lifted me out of the slimy
pit, out of the mud and mire; he set my feet on a
rock and gave me a firm place to stand.



don't be afraid, for i am with you. don't be
discouraged, for i am your God. i will
strengthen you and help you. i will hold you up
with my victorious right hand.



but you, O LORD, are a shield around me; you are my glory, the one who holds my head high.



don't worry about anything; instead, pray about everything. tell God what you need, and thank him for all he has done. then you will experience God's peace, which exceeds anything we can understand. his peace will guard your hearts and minds as you live in Christ Jesus.



and i am convinced that nothing can ever separate us from God's love. neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.



fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. think about things that are excellent and worthy of praise.



i have told you all this so that you may have peace in me. here on earth you will have many trials and sorrows. but take heart, because i have overcome the world.



JOURNAL EXERCISE

DEVELOPING A MENTAL WELLNESS TOOLBOX

discovering your community

there are times when we feel alone. even though you have supportive relationships in your life, it might be challenging to turn to those people in times of need. so let's take a moment to identify your support system and name the people in your life who make you feel loved and supported. but remember, quality trumps quantity. the importance of your support system is not based on the number of people you can identify.

1. picture yourself back in high school, creating superlatives for your friends and family
2. think about a specific challenge that tends to arise when you're struggling with your mental health and choose a person who is "most likely" to meet that need

Ex. most likely to make me laugh when i'm feeling down

Ex. most likely to give me the best advice based on my wellbeing

Ex. most likely to tell me the hard truths that i need to hear

Ex. most likely to pray with and for me when i don't have the strength

as you continue to evolve and expand into unfamiliar spaces, cling to God and lean into his community. whether your battle is internal or visible, know that you are not alone in this transformation process. we are evolving together. thank you for being a part of this community.

brittney

LET'S STAY CONNECTED

DONATE