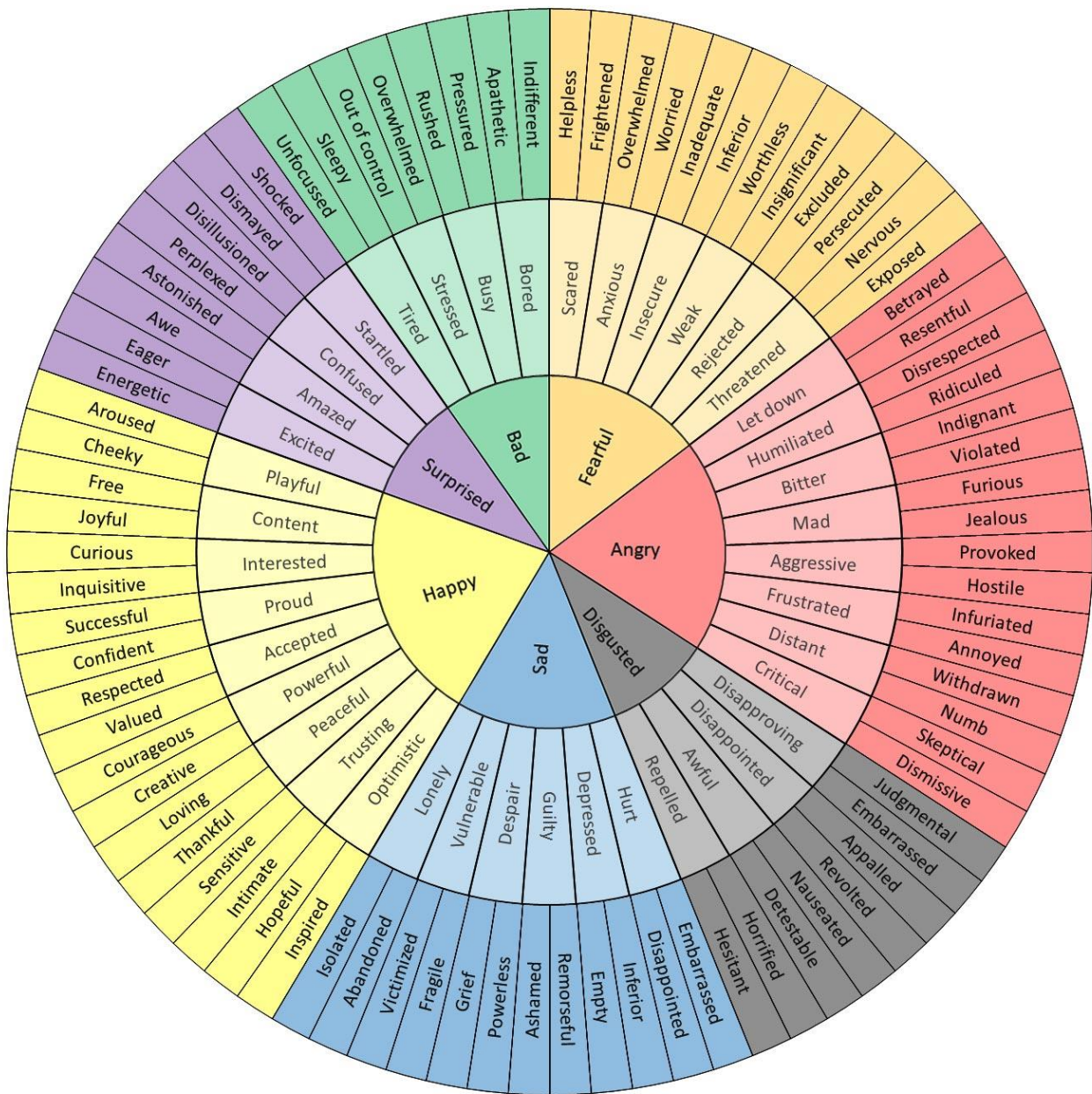


Group Leader Equipping Workshop: Mental Health

“We all go through hard times and need the support of others especially now during this unusual time. Let’s learn together how to be aware of the needs of those suffering and how to respond utilizing available resources.”

Caring for Myself

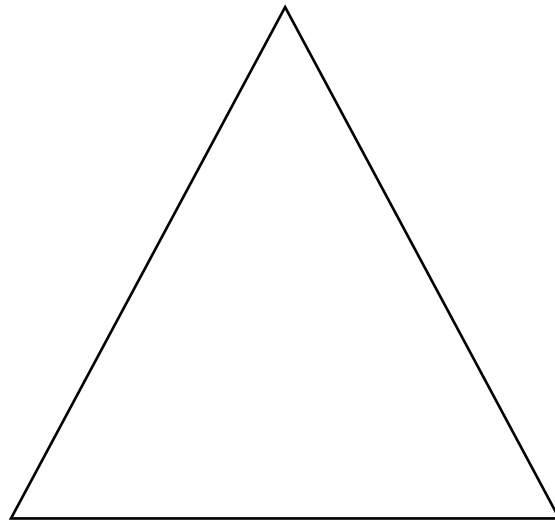
- Emotion Wheel



- Questions for assessing health

- Is it difficult for me to fall asleep?
- Am I sleeping poorly or well most nights?
- Am I often in a bad mood?
- Do I find it hard to get out of bed?
- Do I always think the worst is going to happen?
- Do I find it difficult to make decisions?
- What's taking up most of my head space?
- Am I worried about anything?
- Is my job performance declining?
- Am I finding it difficult to concentrate or pay attention?
- How does my body feel? Am I having stomach or headaches?
- Have I started eating significantly more or less?
- Am I easily angered?
- Have I stopped enjoying things I used to enjoy?
- What am I doing during my free time?

- The Triangle Tool



- My Refuel Playlist

1. _____
2. _____
3. _____
4. _____
5. _____

I will share this list with _____ and ask them to help me by asking me what I am making time for.

Caring for Those I Lead

Safe Spaces. Safe People.

Processing Your Pain for Better Emotional Health.

To create a **safe space**, both parties agree to the following:

*Intentional Time • Mutual Trust • Minimal Distractions
End in Prayer • Celebration of Courage*

Avoid these common derailers:

Broken Confidentiality • Toxic Positivity • Comparative Grief • Fixing • Judgement

To Listen Well:

1. Be fully present, attentive, and patient
2. Your job is to understand (*be curious*) and encourage
3. Expect difficulty – resolution will come, but may not come quickly
4. Allow for spaces of silence – Truth can reveal itself there
5. Empathize, but let them do their own work
6. Ask open-ended questions to help them find clarity
7. Acknowledge their need to process in their own way and at their own pace

To Share Well:

1. Start small and specific
2. Put feelings into words
3. Don't be scared of what comes out of you – it needs to
4. Own your own pain or loss – not someone else's
5. Stick to "I" statements
(e.g. "I felt _____ when _____")
6. Look for threads between the present and past
7. You determine when you are done – there will be more for another day

What resources/connections does Kensington have to offer help and support in this area?

- Care Ministries Guide
 - Professional outside services we recommend – *Common Ground
 - Celebrate Recovery
 - Divorce Recovery
 - CCP – Crisis Care Provider on call
 - Grief Recovery
 - Marriage Mentors
 - Counselors We Trust – www.kensingtonchurch.org/counselors

- Some curriculum ideas:
 - “Life’s Healing Choices” study by John Baker
 - “Get Out of Your Head” study by Jennie Allen on Philippians and a toxic thought life

Truths to Remember

- Matthew 26:38-29

- 2 Corinthians 1:3-4

- Romans 12:1-2

- Psalm 25:5

- Romans 15:13