



HEAL THYSELF

with the Rev. Erin Jean Warde

Destigmatizing coping



Coping is not wrong;
Coping is human.



Not demonizing
coping but asking:

Is this way of coping
helping me heal?



GUILT VS. SHAME

GUILT:
I did something bad

SHAME:
I am bad



“Guilt is just as powerful as shame, but its influence is positive, while shame’s destructive.

In fact... I found that shame corrodes the very part of us that believes we can change and do better.”

-Brene Brown



“Shame is highly correlated with addiction, violence, aggression, depression, eating disorders, and bullying.”

(She later notes that shame is also correlated with suicidality.)

-Brene Brown



“When we apologize for something we’ve done, make amends, or change a behavior that doesn’t align with our values, guilt – not shame – is most often the driving force.”

-Brene Brown



Self-Compassion & Belovedness



“Because shame is a social concept—it happens between people—it also heals best between people. A social wound needs a social balm. Self-compassion is key because when we’re able to be gentle with ourselves in the midst of shame, we’re more likely to reach out, connect, and experience empathy.”

-Brene Brown



Power of the Pause



Feel your feelings



According to Harvard brain scientist Dr. Jill Bolte Taylor 90 seconds is all it takes to identify an emotion & begin processing.

So it takes 90 seconds to feel a feeling.



Creativity, play, & rest



**BELOVEDNESS
IS YOUR
BIRTHRIGHT.**



“The opposite of play is not work – the opposite of play is depression...”

Play helps us deal with difficulties, provides a sense of expansiveness, promotes mastery of our craft, and is an essential part of the creative process.”

-Dr. Stuart Brown



The spirituality of creativity, play,
& rest is found in BALANCE.

The calling is to do the work of
really asking the Spirit –

I know I need creativity, play, &
rest in my life. So help me
discern:

WHAT FEEDS MY SOUL?
WHAT IS MY HOLY REST?



If belovedness is your birthright
& the spiritual practices of
creativity, play, & rest help us
slow down long enough to
remember our belovedness...

Then the spiritual practices of
creativity, play, & rest are
integral to our health.



Gathering Our Tools



First Aid Kit



A First Aid Kit is a collection of positive coping mechanisms and a positive way to self-soothe.



What are the tools & resources
that would help me heal?





HUNGRY
ANGRY
LONELY
TIRED



Joy & Rest Practices List



Q&A + Thank You

