

with the Rev. Erin Jean Warde

Destignatizing 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





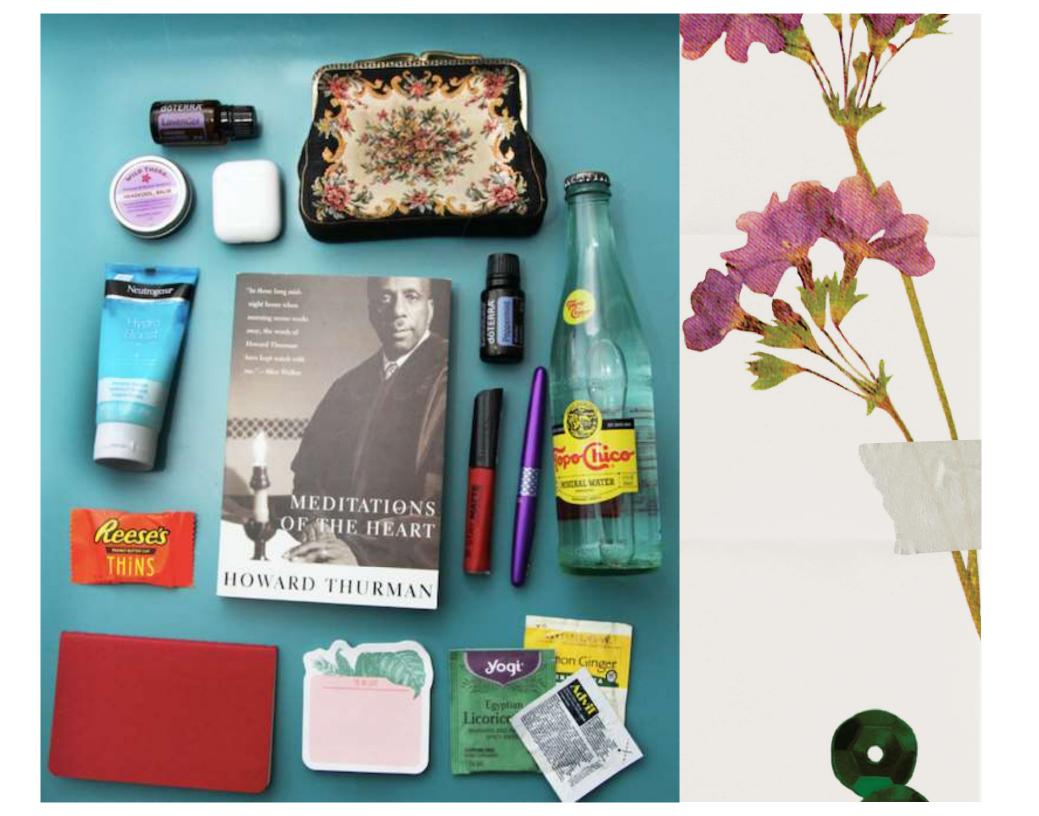


A First Aid Kit is a collection of positive coping mechanisms and a positive way to self-soothe.









HUNGRY ANGRY LONELY TIRED





Joy&Rest Practices List







Q&A+Thank You





