

## G.R.A.C.E. PLACE FALL NEWSLETTER

Grace Lutheran Church  
Oct. 4<sup>th</sup> – Oct. 10<sup>th</sup>, 2020  
Issue 3

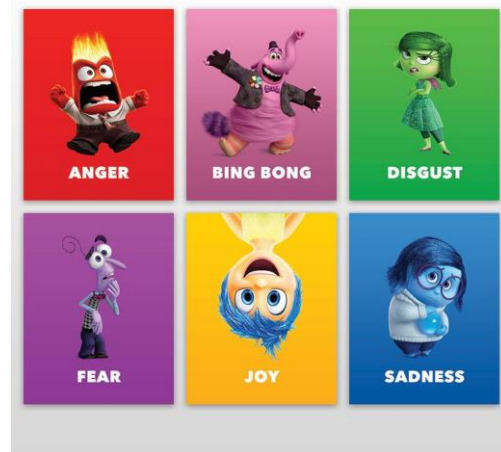


This week will end our Mental Health conversation and lead us into boundaries and schedules.

Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting password is 09192020  
Join Zoom Meeting:  
<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaX>

[gxZUtGNG8reCtJaS9VTUZsdz09](https://www.youtube.com/watch?v=gxZUtGNG8reCtJaS9VTUZsdz09)

As we enter this week, we are going to talk about stress and boredom. Stress can be the pressure you feel from yourself or other people. Stress can also be an overwhelmed feeling. Define stress as a family before you start this week's lesson.



Make a stress ball:

<https://patch.com/us/dealtown/buy-or-diy-how-make-squishy-stress-ball>

Create a stress ball, one for everyone (use the link above for directions) in your family. Stress can be overwhelming and can impede your ability to focus, work, be a part of everyday activities.

Neurosequential Network has put out resources for families (elementary+) to

help with stress and distress in families that have arisen from covid-19 changes. Pick 3 days this week to watch some of their videos to help understand stress and how it changes our thoughts and actions with your family.

<https://www.neurosequential.com/covid-19-resources>

Series 1 Patterns of stress determine risk & resilience; Series 2 Understanding State-Dependent Functioning; and Series 3 Emotional Contagion.

*Next week, we will get into creating schedules to help with mental and physical health.*

## DESTRESS WITH FAITH

Luke 11:1-13

**“So I say to you, Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”**

Jesus spends some of his time praying and meditating after being with crowds and healing people. Jesus never gets stressed when disciples or others do not understand him. Instead, he lets everyone take their time in understanding.

Things that can help with stress are to talk about it; to pray; meditate; routine; and sleep. All these things, please work on this week.

When you talk about it with your family, it will not be your burden, but everyone can now support you.

Prayer and meditation on your stress, worries, fears, and anxieties, can also help you feel as though you are not alone in your burdens. God is with you. Jesus prayed in the garden of Gethsemane before he was arrested to feel comfort and a closeness to God; so God could help carry some of burden and pain Jesus would endure for us.

Routine and sleep are important for mental health and in keeping up with school and any fun extracurricular activities like karate or swimming.

To prepare for next week, and help with your stress this week, as a family, create a weekly schedule of each day this week. When will you sleep, wake up, do your prayers, eat a meal as a family, do your chores, and do your schoolwork?

How does God help you with your stress? If this question stumps you, read a couple stories from the Bible, how does God help the people in the story you read? Has God helped you like that before?

Movies that help define stress: Toy Story, Frozen, Monsters Inc., Cars, Christopher Robin, Freaky Friday.