



John 16:33

I HAVE TOLD YOU ALL THIS SO THAT YOU MAY HAVE PEACE IN ME. HERE ON EARTH YOU WILL HAVE MANY TRIALS...

COME TO ME, ALL OF YOU WHO ARE WEARY AND CARRY HEAVY BURDENS, AND I WILL GIVE YOU REST.

Matthew 11:28

Philippians 4:8

WHATEVER IS TRUE, WHATEVER IS NOBLE, WHATEVER IS RIGHT...THINK ABOUT SUCH THINGS

GROWING IN HIM COUNSELING



Hope Amid a Crisis

Covid-19 has become a way of life, however, many continue to struggle with the ramifications of this awful disease. Additionally, Christians are confused by how they need to respond. The easy answer is “in love,” but how do we achieve this practically speaking.

People are tackling many issues that have become more difficult due to the

Now faith is confidence in what we hope for and assurance about what we do not see. Hebrews 11:1

constraints of this virus. Isolation, Depression, Anxiety, Loneliness, Fear, Anger, Confusion are just a few concerns people are now dealing with. But there is Hope. Putting our hope and trust in our Lord brings peace and comfort. But sometimes we need more. We need to feel secure during uncertain times and take comfort in our homes, rather than feeling trapped there. Below are a few practical tips to help manage the difficulties in our daily routines and hopefully, bring us closer to God.

PRACTICAL TIPS:

1. **GET OUT OF THE HOUSE:** Spending time outside in the fresh air, enjoying God’s creation is immeasurably helpful for our mental health. Going for a walk, gardening, plowing the snow, sitting outside with a cup of coffee are all ways we can enjoy the great outdoors and soak in some Vitamin-D.
2. **INTERACT WITH PEOPLE:** We are designed for human interaction (not computer screens). As much as is possible, spend time with others. If you are house bound, try writing letters or phone/video calls daily or at least weekly.
3. **START A HOBBY (LEARN SOMETHING NEW):** Engaging in a new project will give you something positive to focus on other than the bad news we keep getting. It will also give you a sense of accomplishment!
4. **SERVE OTHERS:** Being the hands and feet of Jesus helps us to reconnect with others and feel good about ourselves. Even if you do something from home, there are many ways we can help!
5. **FOCUS ON WHAT IS GOING WELL:** There is a lot of bad news out there that can deepen depressive feelings. Focus on what is going right and the good that is around you. You may have to search, but challenge yourself to find good every day.
6. **JUST BREATHE:** Taking time for yourself to relax and unwind is extremely beneficial. God rested on the 7th day and commands us to do the same. Meditate on His word, read a book, take a bath or just sit in silence. It will do wonders!
7. **Turn OFF media:** In the age of technology, we are inundated in screens and social media or news media. Although, it can be used for good, it often times sucks us in and creates a world of anger, anxiety and hatred. Try turning it off for a few days or take a break from constantly having it on.

EMPATHETIC,
COMPASSIONATE
GUIDANCE THROUGH
THE HOPE FOUND IN
JESUS



picture above from: akronohiomoms.com



picture from: praiseyouinmystorm.wordpress.com

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SCHEDULE AN APPT
VIRTUAL AND IN-PERSON
SESSIONS