

Finding Quietness & Balance

...in the midst of the
PANDEMIC



Romans 15:13 Now the God of hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Ghost.

COPING STRATEGIES AND SKILLS

...Let's get back to LIFE

Thank you so much for your time, support and attendance at the just concluded health seminar titled "Finding Quietness and Balance in the midst of the Pandemic". Our awesome speakers were Sandra Martey – Clinical Social Worker, Dr. Ruky Ugwumba (MD) - Healthcare Professional and Adeola Holloway, Teacher/Educator. Our very own Rev Chuks Okoye was host and also presented his view from a spiritual perspective. The seminar could be summarized in Sandra's presentation as "How to walk through water without getting wet". Very informative and insightful.

Some recommended coping strategies and skills to help us find quietness and balance in this pandemic and in the new normal are:

1. NEWSTART - this is a physician monitored, scientifically researched lifestyle change program based on eight fundamental principles proven to help you achieve optimum health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust. <https://www.newstart.com>
2. Mindfulness walks - Alone time is good for us and helps us stay positive
3. Outdoors activities for Children
4. Community works /volunteering – Parents to be the mentor for the kids by putting words into action and showing kids how
5. Remove screen time for the children and where possible, ensure No summer camps
6. Get vaccinated where possible

Useful links

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

Helpline – 1-800- 310- cope
<https://www.newstart.com>

Watch subtitled movies/TV shows

https://media.pearsoncanada.ca/intl/pec/school/literacy_portal/#/bookshelf

<https://www.mycapstonelibrary.com/menu/#/bookshelf>
<https://www.ebscohost.com/>

Child going into in person kindergarten

<https://www.youtube.com/watch?v=uH1oGgNaA3Q>

<https://www.youtube.com/watch?v=vGB-hxst7fo>

<https://www.youtube.com/watch?v=GoXrmzKdick>

<https://www.youtube.com/watch?v=8z9BsKpCjYQ>

COME AND EXPERIENCE GOD THROUGH THE POWER OF PRAISE, PRAYER, PREACHING AND PROPHECY.

Join us through zoom on the following days and times:

Every Sunday @ 12 pm EST
Meeting ID: 86571321011
Passcode: 053100

Every Sunday @ 6pm EST and
Thursday at 3pm EST
Meeting ID: 85463641151
Passcode: 116803

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Matthew 6:33 " But seek first His Kingdom and His Righteousness, and all these things will be given to you as well"

