

*Smarter Start Toolkit - a guide to establishing healthy digital habits with your new device

Wednesday Outlet 3:30-5:30 No School? No Outlet.
Sundays Middle School 9:00 a.m. Room 216

Head to the sanctuary when you arrive. You'll be dismissed from there.

April 7 Souper Sunday - Confirmation meets in the social hall
April 7 Faith In Action Household and paper product collection
April 14 Messy Church 4 pm Social Hall
April 14 Bible Study 5 pm #216
April 21 Confirmation
April 28 Bible Study 5 pm
May 19 Confirmation Sunday
August 16-20 Save the Date

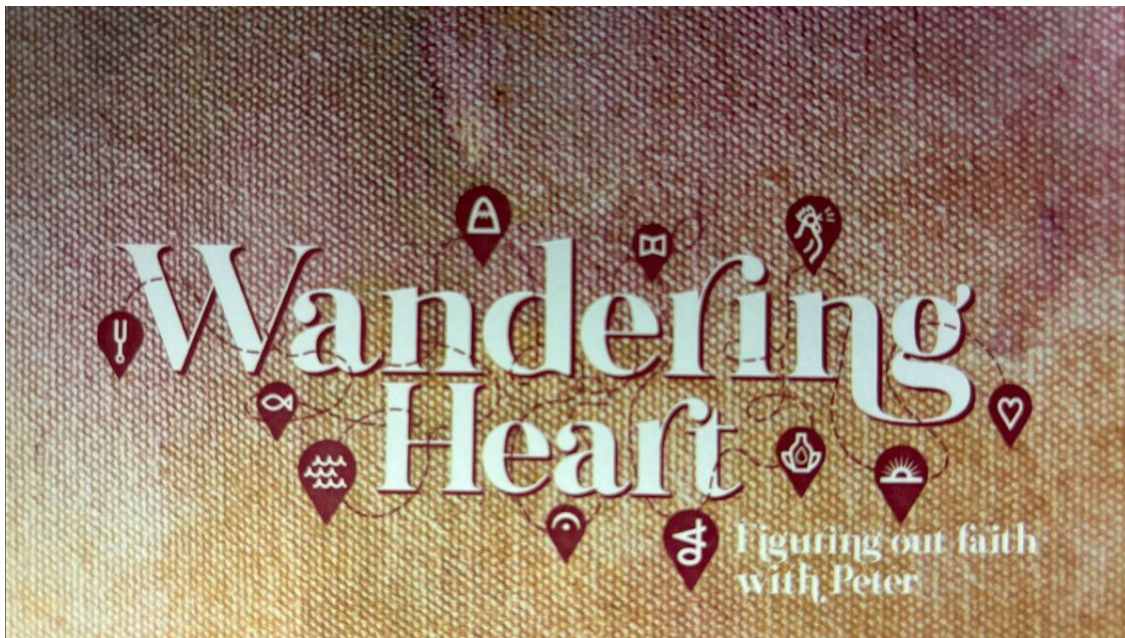
* Wood Workers Wanted

* Just Wait SRSLY

Join the intergenerational mental health campaign

* Easter Delivery Thank you

- * College Tips - from the incredible humans that were once in your high school senior shoes
- * UMC College Scholarships Available! You'll just have to scroll for a minute.



Easter Sunday

"And I hope"

Luke 24:1-12

Discuss

- Why do you think the women and disciples were surprised by the resurrection, even though Jesus had told them very plainly about what was going to happen? Did they forget? Did it just seem too impossible? Did watching Jesus die destroy their hope?
- How do you think Peter felt after looking in the empty tomb? Did he believe the women? Was he still skeptical?
 - What gives you hope when all seems lost?
- Have you ever been surprised by hope? How did that experience change you?

Journal

- Take a photo of something hopeful and write a haiku about it. (a haiku has 5 syllables in the first line, seven syllables in the second line, and 5 syllables in the third line) **With permission, I share a few Haikus below.**
- Listen to the song "Beautiful Things" by Gungor as you draw, color, or collage on a page. Add the lyric that most resonates with you.
<https://www.youtube.com/watch?v=oyPBtExE4W0>
- Write a letter to encourage your younger self at a time when you felt hopeless.

Pray

- Dear God, hope is hard to find in our world. There are plenty of reasons to be cynical, to throw in the towel and accept that everything is doomed. New life seems impossible. And yet, hope doesn't die. Like tenacious weeds that keep springing up, let hope rise within us again and again and again. Help us believe in resurrection, today and every day. In the name of the Risen Christ we pray. Amen



Birds take their first breath
They need mom to feed them worms
The worms in sight... ahhhhh



The cold winter air
Tearing me down to pieces
Waiting til summer



I escape my thoughts
So hopeful for tomorrow
And discover Love.



srsly
CHELSEA

April 7, from 5-7, the **Church & Society Soup-er Sunday Potluck** will feature Kate Yocum-Ankenbauer, LLMSW, SRSLY, Chelsea Director.

One of our confirmands will join Kate to share her passion and involvement in SRSLY.

Soup will be provided. We welcome salads and desserts.

Kate will give a presentation about the SRSLY program that is offered to youth in Chelsea and Dexter Schools.

Please join us to hear issues that face our local youth and what SRSLY is doing.

The SRSLY mission is:

Connecting as a community to support youth mental health and prevent youth substance abuse through action, education, and advocacy.

As a coalition, SRSLY partners with local community organizations, clubs, and businesses to advocate for youth mental health and raise awareness about the prevalence of youth substance abuse and the resources that are available. The coalition wants to hear youth-inspired ideas and provide the space for them to be achieved.



Wanted: Wood Workers

Creative, messy, chiseled, jigsaw owners, scroll saw savvy, lose yourself in the magic kind of wood workers wanted. If interested, email me. youth@chelseaumc.org



Save The Date
God's
Country
Community
Ministry
August 16-20

“JUST WAIT”

An intergenerational mental health campaign by srsly Chelsea

Teenagers are often told “Oh you think it’s bad now? Just wait until you have to pay your own bills”, pregnant moms are told “just wait until you’re not sleeping”, aging adults are told “just wait until you can’t do the things you love anymore”, newly married couples are told “just wait until the honeymoon phase is over...” but what about the positives?

What if we shared with others what they have to look forward to in the next season of life to get them through? What would you tell your younger self? What would you tell your kid, student, athlete, friend, spouse? What is the light at the end of the tunnel to get them through?

Please share your “just wait” quote that gives someone optimism. These quotes will be compiled and shared with the community for Mental Health May through multimedia, socials and news outlets.

***Please don’t use performance or only achievement-based statements (ex. “just wait until you get an A on the final”), share something experience-based that gave you joy or got you through.

Examples:

“Just wait until you earn your first paycheck”

“Just wait until you make your puppy’s tail wag for the first time”

“Just wait until the struggle was worth it”

Quotes must be submitted by May 1st.

***srsly reserves the right to filter and exclude inappropriate or irrelevant quotes from publishing.

1. How old are you? (This will be included with your quote along with the category below that you provide).
2. How would you categorize yourself for the purpose of your quote? (ex. parent, grandparent, student, coach, sibling, teacher, big brother, married, divorced, friend, new mom, neighbor, etc.)
3. What’s your “just wait...” quote?



<https://docs.google.com/forms/d/e/1FAIpQLSeKXHtP8AnSc00ruNIOskBaDi-JIW59MfICbupbGSryrWtfjA/viewform>



What is coping?

Let's talk about what it is, what it isn't, and when to use it.

How to recognize signs of stress and anxiety.

Physical symptoms:

- Headache
- Fatigue
- Stomach ache
- Muscle tension
- Fast heartbeat
- Lack of focus
- Sweating
- Picking/Fidgeting

Emotional cues:

- Irritability, short temper or "bad" mood
- Racing thoughts (unable to slow down brain)
- "Small" stressors feel overwhelming
- Changes in mood/atypical expression
- Withdrawn

In application: What coping is and what it's not.

Coping is the intentional action to adapt thought patterns and behaviors to **manage** stress.

- It's not an instant happy-fix.
- It requires patience and empathy for yourself or the loved one you're supporting.
- It's also a learning process; learning what works for you, your child, or your friend, and what doesn't work.

Maybe it doesn't feel like something is effective the first time, that's okay! Coping often requires skill-building (maybe you're not able to practice meditation with a focused mind on the first try, that's normal!).

Who is coping for? And should I use it?

Coping skills are for everyone! They're not just reactive, they're proactive. Learning to apply coping skills preventatively can help manage our stress and improve stress tolerance so it doesn't reach the point of feeling overwhelming.

We may not be able to anticipate when anxiety-inducing or traumatic situations may occur, so if we're ready and practiced with healthy coping, we're less likely to default to behaviors that may feel effective in the moment but worsen our anxiety in the long-run.

When to self-help and when to seek external support.

There is no "right time" to ask for help. You don't have to meet certain criteria or exhaust all your options to feel you deserve the chance to seek support. You don't have to build a case. You don't have to wait until things are "really bad." You also don't have to choose one or the other.

And if you're not sure what level of support you need or where to start, that's okay too. You can ask a therapist, your primary care doctor, or a behavioral health navigator where to begin.

Healthy vs. Unhealthy Coping

What are those thought patterns or behaviors you lean into when you're anxious? Sometimes, we try to cope and we don't have the tools to do it in a healthy way. Do you take a walk with your dog? Do you have a drink to take the edge off? Are you in a spiral of pessimism that "helps" you prepare for the worst case scenario but spikes your stress levels? Did you even realize these are all coping mechanisms?

Sometimes, we use unhealthy coping such as avoidance, sleeping too much, substances, acting out, scrolling on our phones, etc. Sometimes we need help identifying the healthy alternatives. **That's why we're providing a full list of healthy coping strategies on the other side of this resource.**

How to support your kids, friends, family, colleagues in coping with stress and anxiety.

- Non-judgmental listening.
- Open communication and an empathetic mindset.
- Providing space for yourself and others to talk about the stressors.
- Doing basic needs "check-ins" to first evaluate if the person may be experiencing anxiety around basic needs like food, sleep, housing, or finances not being met.
- Establish routines to provide predictability and stability in the home.
- Validate concerns (whether it's your own internal dialogue or someone you love).

See other side of page for coping strategies and external support resources you can access.

*Cited Sources: MSU Extension, Cleveland Clinic, Centers for Disease Control and Prevention, National Institutes of Health



Coping: Responding to stress on your own and with help.

Learn how to adapt your thoughts and behaviors to manage stressors.

Coping strategies:

- **Read a book** you enjoy that engages your mind.
- **Exercise!** Take a walk, go for a run, lift some weights, do yoga, play.
- **Do "heavy work."** Rake leaves, dig a hole, build something.
- **Listen to music and try singing along.** Singing lowers cortisol and releases oxytocin in your brain which relieves stress.
- **Visualize** a safe, calm, comfortable space, and go there in your mind.
- **Get outside**, focus mindfully on the nature around you, the smells, the sunshine on your skin.
- **Practice mindfulness or meditation.** Not sure how? Check out our QR code resource list.
- **Take a device break!** Scrolling may feel like a distraction, but it can actually be the opposite—*anxiety-inducing*.
- **Get 8 hours of sleep.** This may sound clichéd, but 8 hours of sleep regulates emotions, decreases anxiety, and helps the brain properly balance the memory of positive and negative emotions.
- **Create something.** Maybe it's art, or baking, mounting a shelf or building legos.
- **Eat a balanced meal.** Grabbing what's easy when we're stressed doesn't always help our brain balance, try some protein paired with good fats or some veggies for energy.
- **Try box breathing.** How? Breathe in through your nose for four seconds, hold for four, breathe out through your mouth for four, hold for four, repeat. Need a visual? Trace a box with your finger on paper, a table, or even your knee as you count.
- **Connect with people you love.** Who are the people who help you relax, who listen and validate, who help you laugh when things feel too much.
- Go to tinyurl.com/srslyMandM or scan this QR code to learn more about mindfulness and meditation.
- **What makes you feel calmer?**



When to seek external support:

My ideas are working but I need more support.

- Contact your pediatrician or primary care provider.
- As part of your plan and in addition to therapy and long-term supports, you can contact your school's counseling office or Project Success Coordinator to create a collaborative plan for in-school support.
- **Counseling offices:** for Chelsea High School, call **734-433-2243**. For Beach Middle School, South Meadows, and North Creek, call school office and request **"support services."**
- Or email **Kristen Chandler, Project Success Counselor (substance abuse support)** at kristen.chandler@trinity-health.org

I've exhausted my options and coping strategies aren't enough.

- **Behavioral Health Navigators:**
Kathy Walz, LMSW, CPC and **Anna Webber, LMSW**
BHNavigator@trinity-health.org • **734-680-5312**
- If your child already has a therapist, share your observations.
- If you need a therapist, connect with a pediatrician or Behavioral Health Navigator to discuss options and insurance coverage.

My home is unsafe for my child or myself.

- Call **911** if there's a threat/high risk of violence/harm to self/others or go to the local Emergency Department.
- Call **Washtenaw County CARES Crisis Team** at **734-544-3050** (24/7 support; can provide over-the-phone consultations for next steps or can come to your home if Washtenaw County resident.)
- Or call or text **"988"** for a 24/7 crisis hotline; free and confidential support.

See other side of page for more details on signs and symptoms of stress, what coping is and isn't, and what other resources are available.



"Dear Miss Jeanne and friends,

What a wonderful surprise to find you on my doorstep! It was such fun to see all the cheery faces and hear the excited voices of happy people. Thank you for including me on you 'to do' list!

Thank you also for the goody bag of treats and tissue and lip balm. I've never seen that brand, and honey is much nicer to taste than chap stick.

The biggest 'thank you' has to be for the wonderful lap throw covered with cardinals. That is a treat I use every evening. I curl up in my chair, with a book, a cup of tea, and my 'cardinals'. It warms me inside and out, and I send you blessings on each of you and all together. (Joshua 1:9)

Be kind to each other and care for each other. Remember the song I helped ;you' learn

as two year olds - "Jesus Loves Me"
Blessings, Muriel Boyd"



The Bible in Real Time - with Ron Mourad
Come, peel away the layers with us and find yourself in the story.
Next meeting - April 14



College Tips for the Road Ahead

YOU DON'T HAVE TO DECIDE WHAT
YOU WANT TO DO FOR THE REST OF
YOUR LIFE. DECIDE WHAT YOU WANT
TO DO NOW IN YOUR LIFE. YOU'RE
ALLOWED TO CHANGE YOUR MIND
YOU'RE ALLOWED TO CHANGE YOUR
CAREER. YOU'RE ALLOWED TO
CHANGE YOUR DREAMS.

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