



WESTERN NORTH CAROLINA ASSOCIATION

2021 EDUCATION FORUM EMOTIONAL SUSTAINABILITY

MARCH 6, 2021 9:00 AM – 12:00 PM

9:00 am	Welcome and Greeting	Ms. Brenda James Rev. Dr. Colleen Samson
9:10 am	Morning Devotion	Rev. Karla Miller
9:20 am	Introduction of the Key Note Speaker	Rev. Dr. Colleen Samson

Jan Remer-Osborn, PhD. MM, MDIV

Building Blocks of Emotional Resilience: Surviving a Pandemic

- ❖ With God, all things are possible!
- ❖ Enhancing your core strengths to survive and adapt
- ❖ Calling on your best mind to respond to challenges
- ❖ Limiting Catastrophic thinking
- ❖ Self-coaching: turning up the positive
- ❖ Accepting change, improving your flexibility
- ❖ Tenacity and Perseverance
- ❖ Using Mindfulness to Gain Perspective
- ❖ Social support: Can't live well without it!
- ❖ Yes, You Deserve Compassion!
- ❖ Take-home exercises to practice

9:45 am	Q & A	Dr. Remer-Osborn
10:00 am	Break	
10:10 am	Workshop (1 st Round)	Choose two of four
11:00 am	Workshop (2nd Round)	
11:50 am	Closing	Rev. Gary Phaup

Workshop

Rev. Andrea Simmonds

“It Matters, and it Doesn’t: Emotional Sustainability During COVID and Beyond for Youth and Youth Ministers”

This workshop focuses on the importance of community care and storytelling in mental health and emotional stability for youth during covid-19 and beyond. This pandemic has been hard for numerous reasons, one of many being that it has made gathering in person virtually impossible (no pun intended). However, what I discovered, along with a few of my other youth minister friends and colleagues, is that gathering virtually gave us new and creative ways to get to know our youth and for them to know one another. What we discovered is that our youth became closer and the meetings we have set aside each week are the highlights for many of them. So, how did I/we do it? Hint: There is no magic formula, it's mostly just showing up. During this workshop there will be a check in, similar to the ones that I do with my youth, discussion around how to tend to ourselves and our communities during such a time as this, a centering moment, and if time allows and if folks want they can share short personal stories about what's keeping them going right now, please come willing to be as vulnerable as you want. This is not a "share or die kind" of workshop.

Workshop

Dr. Randall Mishoe

Clergy and Emotional Sustainability

THE ARCHETYPE OF SOLITUDE IN THE CARE OF SOULS. Meditating on the Gospels' account of Jesus' Transfiguration (Mt. 17:1-8; Mk. 9:2-8; Lk. 9:28-36), St. Irenaeus declared in words today, "The glory of God is a live human being, and a fully alive person is the vision of God." The story offers us a glimpse of how Jesus might have used his frequent retreats into solitude to restore his soul. And in our experiential work with the Transfiguration as a backdrop, we will consider how we too might dive into the depths of our souls to make possible our emotional sustainability.

Have on hand your journals, paper, and colored pens or pencils.

Workshop

Suzanne Hollrah

Walking in Hope - Supporting Those in Isolation, Trauma, and Loss during This Pandemic

“Pleasant words are like a honeycomb, sweetness to the soul and health to the body.”
Proverbs 16:24 NRSV

- ❖ Primary mental health diagnosis and key symptoms
 - Trauma and PTSD
 - Anxiety and Depression as a dual diagnosis
 - Dementia - A primary or secondary diagnosis as manifested by additional physical and/or psychological diagnosis
 - Grief and loss as paramount issues

- ❖ Suicidal Ideation
 - The risk factors of isolation, trauma and loss, which exacerbate Suicidal Ideation
 - Suicide evaluation and prevention
 - Suicide Risk Assessment Form
 - “Living in Limbo” - Grappling with the unknown and fearful-driven factors of the Pandemic
 - Resources and Faith Based Solutions

- ❖ As People of Faith, we offer a powerful message of “Faith, Hope and Love” during these unprecedented times.
The Path Forward - We have an opportunity to be innovators as mental health issues take center stage as never before on a global basis.

“And now faith, hope, and love abide, these three; and the greatest of these is love.”
I Cor 13:13 NRSV

Workshop

Thelma Flowers

Loss and Grief During the Pandemic and Beyond

The pandemic brought on by a very contagious virus that causes Covid -19 has resulted in and has exacerbated many losses. During the pandemic, our emotional and our physical sustainability has been challenged.

Over and over, since March of 2020, we have been and are being forced to confront the de-stabilizing reality of losing our love ones, our health, our jobs, our businesses, and our in-person contact with family, friends, co-workers, and classmates.

Mostly as I speak to others concerning their losses, the themes, I hear often are the need for human touch, the need to be understood and the need to mourn these losses big or small.

As social beings, we function best when we are part of a community. The pandemic has limited our ability to harness many of our collective resources and has caused us, as well, to question our own individual emotional, physical, and spiritual resources.

The impetus for this workshop (Loss-- Life's Reoccurring Event) was birthed from the knowledge of the unfortunate reality of the losses caused by the pandemic, as well as the non-Covid -19 losses that continue to challenge our external and internal resources.

The goal of the workshop is to create a safe space, at a time when we most need it, to provide and to receive communal acceptance, compassionate support and spiritual strength.

By focusing on four vital sustaining relationships in our lives- Self, Family, Neighbors (to include those outside of our immediate and extended family) and God, participants, through this soul-searching journey will be asked in advance of the workshop to consider the answers to the following questions:

How do I feel about the loss or losses that I have or am experiencing?

How does the impact of the loss or losses show up in my everyday life?

What has each loss taught me about my own physical, emotional and spiritual sustainability?