

Green Acres Women's Mental Health and Emotional Wellness Bible Study

MELODYE PHILLIPS, LPC-S

BOOKS

Intuitive Eating, 4th edition – Evelyn Tribole and Elyse Resch

Health at Every Size- Linda Bacon

Body Respect- Linda Bacon

Lovely- Amanda Martinez Beck

Fat and Faithful- J. Nicole Morgan

Parenting from the Inside Out- Daniel Seigel and Mary

Hartzell

No Drama Discipline- Daniel Seigel and Tina

Payne Bryson

Anatomy of the Soul- Curt Thompson

The Soul of Shame- Curt Thompson

Pregnancy Brain- Parijat Desphande

Self-Compassion- Kristen Neff

The Gifts of Imperfections- Brene Brown

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HABITS FOR WHOLE HEALTH

Sleep- monitoring sleep to ensure quality and quantity as often as possible. Turning off screens 45 minutes before bed to allow your body and mind to truly wind down.

Nutrition- getting consistent meals and snacks (recommendation is 3 meals plus 2-3 snacks per day), consistent hydration. Include a variety of foods and non-alcoholic liquids into diet.

Movement- View exercise through a lens of joy- can be weight-lifting to dance parties with the kids. Move your body in ways that honor any physical or mental limitations you may have and ways that you enjoy.

Mental/Emotional Health:

- Therapy (individual, group, couples, parenting)
- Online courses
- Mindfulness exercises
- Journal/write

Relational Health:

- Spend time with safe people- whether that's family or roommates or friends
- Play games
- Outside mommy dates or play dates
- Facetime, zoom with family/friends
- Call people
- Write letters

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HABITS FOR WHOLE HEALTH

Spiritual Health:

- *Spiritual direction (individual, groups) call Samaritan Counseling Center of East Texas to schedule an appointment with Lance Bolay!*
- Engage in church community
- Find a spiritual mentor

Physical Health:

Encourage reading books like Intuitive Eating and Health at Every Size and Body Respect to expand view of physical health

- Follow healthy treatment recommendations for any medical conditions you may have

EXERCISES

***Remember: the point of these exercises is not to “get rid”*

of negative (or positive) emotion, but simply to reconnect with your body. We often get pre-occupied by our thoughts and judgements and become disconnected from our good bodies. These exercises are meant to connect us with our bodies and emotions in a non-judgmental, curious way. If you notice judgment or more intense emotion coming up, please contact a therapist to assist you in learning to use these exercises!

Learning to Identify Emotion:

Write down 10-15 emotions you can think of and then choose

3. Think about times you have experienced those emotions and write those experiences down. Begin to recognize the physical manifestation of emotion in your body- write down where you feel those three emotions in your body. Take this Use this to start to tune into your body and emotions.

Mindfulness

As you notice the feelings present, begin to notice where that feeling is present in your body- is your heartbeat escalated? Palms sweaty? Stomach hurt? Chest tight? When you've noticed where the emotion sits,

take another deep breath. Now gently shift your attention to your surroundings-

tune into those five senses. Ask yourself

What do I see? What do I smell? What do I taste? What do I hear? What do I feel?

Take a few deep breaths before turning your attention to the next task, situation or task at hand.