

SUMMER SURVIVAL SCOOP

Ohio Guidestone: How to Survive Summer 2020

How to Survive the Change

These last few months have been challenging in a variety of ways. First we had the pandemic that has completely changed how we are functioning in our day to day lives. Next we had civil unrest with the Black Lives Movement due to racial injustice that is still happening.

Our world is undergoing such a massive shift and change, and as we all know change can be uncomfortable, scary, and overwhelming. In this edition we are going to look at how to survive and manage all of the changes going on in our world.

In this issue:

- How to Survive the Change
- Offer Yourself and Others Grace
- Parent Tip: Teaching Compassion
- Take a Break to Recharge

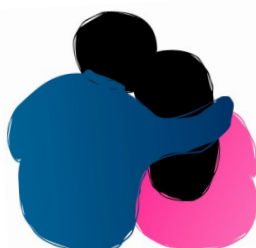
Offer Yourself and Others Grace

Any time we face change it is uncomfortable, frustrating, and sometimes even painful to go through. But as we all know change is necessary for us to experience because it encourages us to grow and develop as individuals. With everything we have been through in the last few months both individually and together as humanity we have had to adapt and change to so much in such a short period of time. And this change has been excruciatingly difficult. It is incredibly important for us to offer ourselves and each other grace during this time.

GIVE
yourself
SOME
grace

"This summer I am most looking forward to going on vacation with my family to a cabin! I haven't seen them since Christmas so I really miss them."

-Miss Karissa



With the change we are all feeling and experiencing there is a lot of pain, frustration, anger, sadness, and heartache.

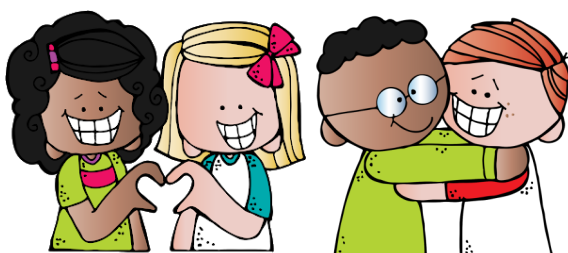
These emotions and experiences can lead us to make more extreme or harsh choices that we normally wouldn't make if we were feeling better. I encourage you to offer yourself and others grace and understanding. Share your stories and feelings and listen to what others have to say. Show love, compassion, and understanding to everyone. We are all going through this change together and for all of us to come out the other side as better individuals we must all feel heard, supported, and validated as we navigate these trying times.

Solve the Puzzle

Y X J Y F E V A R B U I F S F
 U N D E R S T A N D I N G T S
 G O M K U S Y W H M R K E R F
 N X V H S R U E H C L C T O K
 I N Z E T D Q P E E N C R N Z
 N X A T R N E W P E V G Q G V
 R T B V A W E N I O I O E Q V
 A N S T T P H T I V R C L N P
 E K R P I V A E E M N T D I I
 L T Z Q O P M N L R R J A A V
 H R Y S N G E X C M F E G P D
 H X Z O B S T G R G E R T U O
 N O I S S A P M O C A D Q E Z
 S A D N E S S X J C V T B Y D
 I T W J T R R U E I O L G Y E

Word List:

- | | | |
|-------------|-------------|---------------|
| Brave | Compassion | Determined |
| Forgiveness | Frustration | Grace |
| Learning | Love | Overwhelmed |
| Pain | Patience | Sadness |
| Strong | Support | Understanding |



Parent Tip: Teaching Compassion

It's easy to get caught up in all of the anger, pain, and hostility going on in the world and express that. It's also easy to want to place blame and lash out at others when we are experiencing such deep-rooted pain. During this time instead of succumbing to those intense emotions I encourage you instead to teach compassion.

Summer Bucket List Adventures

- Spend an entire day outdoors
- Read a new book
- Plan a breakfast date with your family or friends
- Check out a museum
- Learn a new language
- Go to a farmer's market and try new fruits and veggies



Compassion can be difficult when we have suffered years of pain and hurt. It's important for us to not only learn compassion for ourselves, but also to teach it to our children. While we can't undo the pain that many have endured in the past, we can move forward in healing by showing and giving compassion to people. We do this by listening, supporting one another, educating each other, and being patient through the whole process. I encourage you to do a random act of kindness by showing compassion to a stranger today.



Lots of Laughs

- What has ears, but can not hear?
A cornfield
- Why did the pony get sent to his room?
He wouldn't stop horsing around
- Why do bicycles fall over?
Because they're two-tired.

Take a Break to Recharge

When we're in the midst of experiencing all of these emotions it can feel devastating and draining. Especially when we are doing our best to support others, function in our daily lives, and educate ourselves. Trying to do all of these things can take a toll on us, especially if we do not take care of ourselves first. In this article we're going to look at the importance of self-care.

It is so easy to get caught up in your emotions, the state of the world, and feel as if you should be doing more. The problem with that is it can lead to us not caring for ourselves. When that happens we end up not functioning well and are unable to do things expected of us like work and caring for our home and families.

It's okay to take a break. It's okay to take some time away from everything that is going on and just enjoy where you're at. Spend time with your family, walk away from your social media, go for a walk, exercise, etc. Take time to do something that makes you happy and feel better so that you are able to participate in the discussion and change that we're all experiencing.

Fun Fact:

Did you know that the birthstone for June is Pearl as well Alexandrite and Moonstone? Pearls are associated with honesty, purity, and calmness.

relax and
RECHARGE

Family

Discussion Topic

When you are having a big and uncomfortable feeling what makes you feel better?



Resources

- [verywellmind.com/forty-healthy-coping-skills-4586742](https://www.verywellmind.com/forty-healthy-coping-skills-4586742)

Check out this website for different suggestions of good coping skills as well as unhealthy coping skills you should try to avoid!

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