June 2024 Self-Reliance Newsletter

Notes from the Leadership Optional Regional Welfare Training of 5/19/24

NIH states that anxiety is an epidemic with our youth.

Stress is normal in everyday living.

Anxiety is the preoccupation with a stressor.

Covid 19 has increased stress, anxiety and depression.

Youth have no time perspective to know all will work out in the end.

Events like prom, class trips abroad, etc. have been cancelled and they feel frustrated that these, possibly, once in a lifetime events, have been denied them and will not be available in the future.

Fear is the opposite of faith.

Faith in God and in Self.

3 Myths of Happiness video Dr. Russ Harris

https://www.youtube.com/watch?v=93LFNtcR1Ok

This entertaining animation illustrates the 3 happiness myths that we have been lead to believe, involving our thoughts and feelings. Written and narrated by Dr Russ Harris, an acclaimed ACT trainer and author of The Happiness Trap.

To learn more about Dr. Harris's new & exciting online Acceptance and Commitment Therapy training for mental health professionals and therapists, visit http://www.imlearningact.com today!

Emotional Resilience program can be shortened for youth with approval of stake president. Perhaps 12 week course to 8 weeks, focusing on specific topics. Things can be taken out but not added to this course.

Pre-mission youth need to practice not using normal stress relievers, such as video games, social media, talking to their family daily, etc. as they will not be available when they enter the mission field. All the thing they are use to will be cut off. This can make or break a new missionary.

**Church Psychologists available for questions, etc.**

Trish Van De Veer - Minnesota Area

763/331-4562

Some of the things I love to talk with parents about are the books from Lisa Damour, who is a psychologist who has worked primarily with youth (particularly girls). Her books are: “The Emotional Lives of Teenagers,” “Under Pressure,” and “Untangled.”

See below.

Also: “Find Your Joy” by Jennifer King Lindley

Also Below.

Ray DeGraw - North and South Dakota

Ray DeGraw (701.955.3322) C.Ray.DeGraw@ChurchofJesusChrist.org

Book: “The Gifts of Imperfection” - Brene Brown

See below.

Also: Sam Denton is a resource.

Church resource:

Missionary Preparation Student Manual: Religion 130, especially chapter 11.

<https://www.churchofjesuschrist.org/study/manual/missionary-preparation-student-manual/title-page?lang=eng>

<https://www.churchofjesuschrist.org/study/manual/missionary-preparation-student-manual/chapter-11-physical-and-emotional-preparation?lang=eng>

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**Lisa Damour**

https://drlisadamour.com/resource/series/ask-lisa-podcast/

The Emotional Lives of Teenagers

https://drlisadamour.com/books/the-emotional-lives-of-teenagers/

Under Pressure

https://drlisadamour.com/books/under-pressure/

https://drlisadamour.com/wp-content/uploads/2022/02/Under-Pressure-parents-guide.pdf

https://drlisadamour.com/wp-content/uploads/2022/02/Under-Pressure-educators-guide.pdf

Untangled

https://drlisadamour.com/books/untangled/

https://drlisadamour.com/wp-content/uploads/2022/02/Untangled\_DiscussionGuide\_Final.pdf

https://drlisadamour.com/wp-content/uploads/2022/02/Untangled\_DiscussionGuide\_R1c.pdf

**Jennifer King Lindley**

https://www.jenniferkinglindley.com/

Find Your Joy

**Brene Brown**

https://brenebrown.com/

The Gifts of Imperfection

https://brenebrown.com/book/the-gifts-of-imperfection/