

FIGHT OR FLIGHT

2020 NEWSLETTER

DECEMBER 2020



OUR STORY

In August 2019, Derrick and I looked over our life together. We acknowledged that God had us witness and endure excessive turmoil with jobs, family, and health scares for years. The stress took a toll on our health and the health of others around us, yet somehow we were still able to stand and keep going. In our living room that August afternoon, God birthed in us FIGHT or Flight Ministry to use our personal testimonies to inspire others to make healthy choices and never give up!

Our Mission is to educate and deliver resources to the community in order to reduce the long term health effects that develop as a result of stressful lifestyles.

We never imagined this organization was preparing for a pandemic, but we're thankful we're here to serve!



YOUR SUPPORT MEANS THE WORLD!

Thank you so much for your contribution to this organization. We have been functioning as a 501(c)(3) for a year and are grateful for the overwhelming support we have received from you. All of the financial donations, volunteer hours and prayers went to good use and we're happy to share what's been accomplished!

***25 Educational Programs**

Body Image & Stress Awareness workshops, Fitness Classes, Grocery store tours

Reach: 135 people

***14 Mobile Food Pantries**

Partnership with Tarrant Area Food Bank, Extended Stay Hotels, The Harvest House

Reach: 1,710 people

***2 Individual Lifestyle Interventions**

Year-long stress intervention including services focus on well-being and overall health

Reach: 7 people



WHY FOCUS ON STRESS?

Simply put, **stress kills**. 1 in 4 deaths is due to cardiovascular disease, making it the leading cause of death among adults in the U.S. Most of the risk factors that lead to this disease are lifestyle related stemming from chronic stress.

With \$300 billion lost annually in workplace productivity due to stress, over 75% of doctors' visits being scheduled due to stress ailments, over 40% of the U.S. population being obese, and 1 in 5 adults living life with a mental illness, it's no surprise we are in a crisis.

Speaking of crisis, **raise your hand if you have been affected in any way by the pandemic!** You're not alone! COVID-19, as well as other events in 2020, has just intensified the mounting pressure that was already in existence. In the 2020 Stress in America Survey by the American Psychological Association, 75% of Americans stated they have experienced psychological and physical symptoms this year alone due to stress; which only increases stress-related illnesses in the community.

On the bright side, in the same survey, 70% of adults also stated they felt hopeful about the future, despite the stressors. So, it's our job to guide them on how to get through this and other life stressors, safely!

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OUR 2021 OBJECTIVES

After all that has happened in 2020, Derrick and I have decided we must take an even bolder and active approach with the road that is ahead. Our program delivery will focus on the following objectives:

Objective 1 - Mental Health First Aid (MHFA) Instructor Certifications (\$5000 needed):

Currently, Derrick and I are certified in MHFA and know how beneficial it is to the community. We would like to offer classes to the community as many mental health disorders develop as a result of stress, it's essential that more people get this training, for the betterment of the community.

Objective 2 - Community Food Resources (\$7,200 needed):

The pandemic has left so many people in precarious situations. Offering more opportunities for food distribution across the DFW Metroplex, and beyond, can alleviate some pressure that families are facing. Food is the fuel that keeps us moving and we are dedicated to delivering fresh, healthy food for 2021.

Objective 3 - Lifestyle Interventions (\$3,000-10,000 needed):

Learning effective coping strategies in this new decade is crucial to the well-being of the individual and our community. In 2021, we would like to expand our team to help more individuals who have requested intervention help.

Again, thank you for your support for the well-being of the community!

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