

# THE WELL

◆MAY 2026

## SPIRITUAL & MENTAL WELLNESS WITH LADY UMEKA



“THEREFORE ENCOURAGE ONE ANOTHER AND BUILD EACH OTHER UP...” — 1 THESSALONIANS 5:11

### More Good Days Together: Encouraging Hearts, Renewing Minds

*Grace and peace, church family!*

*May is Mental Health Awareness Month, and this year's theme, More Good Days Together, serves as a reminder that we were never meant to carry life alone. In a world where so many people are silently carrying stress, pressure, exhaustion, grief, and uncertainty, God calls us to encourage one another, support one another, and walk alongside each other with compassion and grace.*

*Mental wellness is just as important as physical and spiritual wellness. Sometimes the strongest thing we can do is slow down, check in with ourselves, rest, pray, ask for help, or simply allow ourselves space to breathe.*

*As believers, we can create environments where people feel safe to heal, grow, and be honest about what they are carrying.*

This month, I encourage you to be intentional about caring for your mind, body, and spirit. Reach out to someone. Check on a friend. Spend time in prayer and reflection. Extend kindness, even in small ways. One encouraging conversation, one prayer, or one moment of support can make a greater impact than we realize.

As a church family, let us continue building a community rooted in faith, encouragement, healing, and hope.

**Together, we can help create more good days for one another.**

*With love and blessings  
Lady Umeka*

In this newsletter you can expect:

Welcome Message from Lady Umeka

**Faith & Wellness**

**Focus:** More Good Days Start with intentional Care

**Mental Health Corner:**

It's Okay to Not Have it All Together

**Monthly Challenge:**

7 Day "More Good Days Together Challenge"

**Church & Community Wellness Initiatives:**

The Power of Encouragement and Support



## Faith & Wellness Focus: More Good Days Start with Intentional Care

**Scripture Reflection:** “Therefore encourage one another and build each other up.”  
~ 1 Thessalonians 5:11

More good days are often created through small moments of encouragement, connection, rest, and support. God never intended for us to walk through life alone. When we care for ourselves and one another with compassion and grace, we create space for healing, hope, and renewal.

### **Here are a few simple ways to prioritize wellness this month:**

- Spend daily time in prayer or devotion
- Protect your rest and sleep
- Stay connected to healthy community
- Take breaks from constant stress and noise
- Move your body and stay hydrated
- Be mindful of what you consume mentally and emotionally
- Ask for support when needed

Wellness is not perfection. It is learning how to care for yourself in healthy and sustainable ways while trusting God through every season.

**Prayer:** “Lord, help me to encourage others while also giving myself grace. Renew my mind, strengthen my heart, and help me create more good days through Your peace, love, and guidance.”

---

## MENTAL HEALTH CORNER: IT'S OKAY TO NOT HAVE IT ALL TOGETHER

Many people are carrying more than others realize. Responsibilities, work demands, family obligations, grief, anxiety, and everyday stress can become overwhelming when left unspoken.

This month is a reminder that struggling does not make you weak, and needing support does not mean you lack faith. God cares about every part of us, including our emotional wellbeing.

Give yourself permission to rest. Give yourself grace. Healing is not always instant, and strength does not always look like pushing through.

**Sometimes strength looks like slowing down, praying, talking to someone, and allowing others to support you.**





## 7-Day “More Good Days Together” Challenge

“Two are better than one... If either of them falls down, one can help the other up.” — Ecclesiastes 4:9-10

### **Day 1: Renewal:**

Pray and spend quiet time with God

### **Day 2: Connection:**

Check on someone you care about

### **Day 3: Restoration:**

Drink more water and prioritize rest

### **Day 4: Gratitude:**

Write down three things you are grateful for

### **Day 5: Reset:**

Take a walk and unplug from stress

### **Day 6: Encouragement:**

Encourage someone with a kind word or text

### **Day 7: Reflection and Fellowship:**

Attend worship and reflect on God’s goodness





On this special day, we pause to honor and celebrate the incredible women who pour love, strength, and wisdom into our families and our faith community. Your nurturing hearts, steadfast prayers, and quiet sacrifices often go unseen, but they are deeply felt and forever cherished.

To every mother, grandmother, godmother, and mother figure, thank you for being the spiritual pillars, the comforters, and the encouragers that we all need. You reflect the love of Christ in such powerful ways through your patience, your devotion, and your daily example of grace under pressure.

As we celebrate you today, may you feel the warmth of God's love, the appreciation of your church family, and the joy of knowing that your impact is lasting and your love is unmatched.

***You are seen. You are valued. You are loved.***

*Happy Mother's Day!*

---



## Seeking Counseling Services? We're Here to Help.

If you or your loved ones are in need of professional counseling, the Bridging The Gap Foundation is ready to assist.

They offer low cost counseling options for children 11 and over and adults.

Let us help you find the support you need.

For more information, visit [www.btg.org](http://www.btg.org).



**BRIDGING THE GAP FOUNDATION**  
*Making Access to Care a Reality*

**BRIDGING THE GAP FOUNDATION**

**ABOUT BTGF**  
Our Mission  
To address the disparities associated with mental health and access to quality care within underserved communities.

**Our Vision**  
A Dallas where there is mental health parity and equal access to quality mental health treatment regardless of demographics, ethnicity, geography, or socioeconomic status.

**WE CAN HELP!**

**WHAT WE OFFER**  
Access to culturally competent mental health professionals.  
Funding for ten (10) professional counseling sessions.

**WHO WE SERVE**  
Adults, Adolescents, and children ages 11 and older  
Overlooked, underinsured, and uninsured residents of Dallas and the surrounding area.

**WHAT TO EXPECT**

- Acknowledgment
- Advocacy
- Assistance
- Non-judgmental listening approach
- Support
- Transparency

**CONTACT US NOW**

- 817-371-6577
- [patrick@btg.org](mailto:patrick@btg.org)
- PO Box 763724  
Dallas, TX 75376

<https://btg.org>

**YOU ARE NOT ALONE**

[Click here to access flyer](#)

\*Must reside in Dallas county

*Thank you for reading!*