



"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND."

— ROMANS 12:21

"Renewing Your Mind: Embracing Mental Health with Faith"

Grace and peace to you!

Welcome to this month's edition of The Well: Spiritual & Mental Wellness, where we gather to nourish our hearts, strengthen our minds, and restore our spirits through faith and wellness.

May is Mental Health Awareness Month, a time to break the silence around mental health, embrace healing, and remind ourselves that God cares about the wellness of our whole selves, body, mind, and spirit..

Life brings challenges, but God calls us to cast our cares on Him and lean on community. This month, let us reflect on the truth that seeking help is a sign of strength, and caring for our mental health is a form of worship.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." — Romans 12:2

God renews our minds through His Word, community, rest, and grace. Let's walk together toward wholeness and healing.

As we enter Mental Health Awareness Month, I want to encourage you to tend to your mental and emotional well-being just as faithfully as you tend to your spiritual life. Remember, even the strongest among us need rest, support, and grace.

This month, let's uplift one another, break stigma, and invite God into every part of our mental health journey

*With love and blessings,
Lady Umeka*

In this newsletter
you can expect:

Welcome
Message from
Lady Umeka

Faith & Wellness
Focus: Renewing
Your Mind

Mental Health
Corner: "It's Okay
to Not Be Okay"

Ten-Day "Renew
Your Mind"
Challenge"

Church &
Community
Wellness
Initiatives



Faith & Wellness Focus: Renewing Your Mind

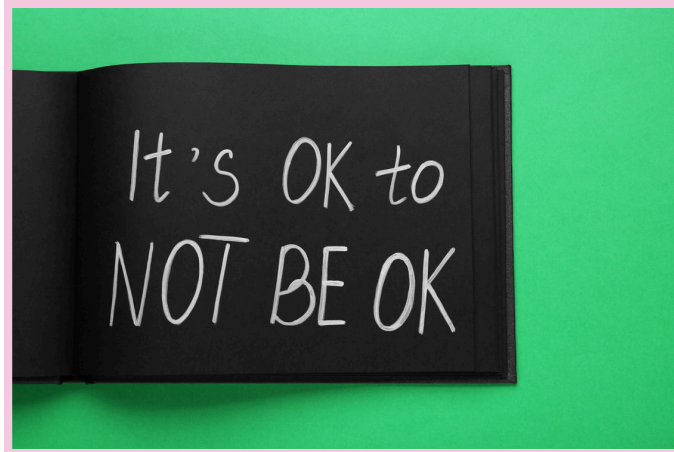
Faith & Wellness Focus: **Renewing Your Mind**

Scripture Reflection: "Come to me, all you who are weary and burdened, and I will give you rest."
— Matthew 11:28

Mental health matters to God. He offers us rest, renewal, and restoration.

This May, try these wellness practices:

- ✅ Daily Gratitude Journaling: Write 3 things you're grateful for each day
- 🍏 Nourish Your Body: Eat mood-boosting foods like salmon, walnuts, and leafy greens
- ☀️ Sunlight & Movement: Spend 10 minutes outside each day in natural light
- 🎵 Uplifting Worship: Listen to songs of hope and healing
- 💬 Check-In Time: Call a friend or family member for a heart-to-heart



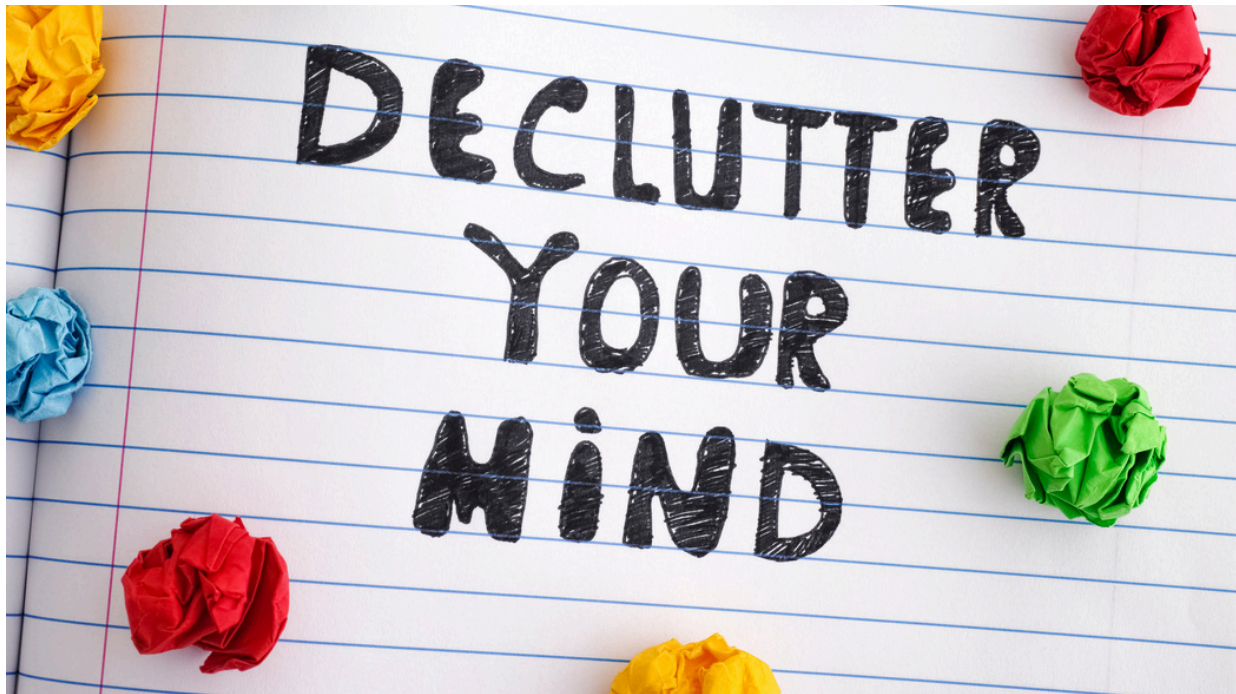
Mental Health Corner: "It's Okay to Not Be Okay"

Scripture Reflection: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* — Psalm 34:18

It's okay to ask for help. It's okay to feel overwhelmed. You are not alone.

Ways to care for your mental health with God's help:

- 🙏 Breath Prayer: Inhale, "God, be near." Exhale, "I am not alone."
- 📖 Scripture Affirmations: Write down verses that remind you of God's love
- 🕯️ Quiet Time: Spend 5–10 minutes in silence, simply resting in God's presence
- 💬 Speak Kindly to Yourself: Practice self-compassion
- 🤝 Ask for Support: Reach out to a pastor, friend, or counselor



Ten-Day “Renew Your Mind” Challenge

This 10-day challenge is perfect for individuals, or families.

Day 1: Cast Your Cares

Write down one worry and pray over it.

Day 2: Speak Life Over Yourself

Compliment yourself in the mirror.

Day 3: Walk in God’s Presence

Go on a 15-minute prayer walk.

Day 4: Remember God’s Faithfulness

Journal about a time God helped you through a hard season.

Day 5: Build Connection

Call or text someone you haven’t spoken to in a while..

Day 6: Feed Your Mind

Listen to a mental health podcast or devotional.

Day 7: Unplug for Peace

Take a “tech break” — no social media for 1 hour

Day 8: Be a Blessing

Do a random act of kindness.

Day 9: Create Sacred Space

Make a calming space in your home (light a candle, play soft music).

Day 10: Celebrate Your Growth

Reflect on your progress and thank God for your growth.



🌸 **Happy Mother's Day to All the Beautiful Mothers of Our Church** 🌸

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.



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 affordable counseling options for adults and no-cost services for children and teens (18 and under).

Let us help you find the support you need. For more information, visit www.btgf.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

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YOU ARE NOT ALONE

[Click here to access flyer](#)

Thank you for reading!