

# THE WELL

SPIRITUAL & MENTAL WELLNESS  
WITH LADY UMEKA

February 2025



A RENEWED HEART, A STRENGTHENED MIND

Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23

## Refreshing the Soul: Embracing Faith, Love, and Wellness This Month

*Grace and peace to you!*

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

As we enter February, we recognize this month as Heart Health Month, a time to focus on the well-being of our physical hearts, but also on the state of our spiritual and emotional hearts. The Word reminds us in **Proverbs 4:23**, "Above all else, guard your heart, for everything you do flows from it." Our hearts, both physically and spiritually sustain us. Just as we need proper nourishment, exercise, and care for our bodies, we must also nourish our hearts with prayer, love, and the peace that comes from God. February is also a time to reflect on mental wellness, recognizing the power of love, connection, and self-care.

Love is not just a feeling; it is a divine command. In 1 Corinthians 16:14, we are reminded, "Let all that you do be done in love." This includes the way we love God, love others, and love ourselves. Prioritizing mental and emotional wellness is an act of love, one that allows us to show up fully in our families, communities, and in our service to God.

I encourage you to take small but meaningful steps this month, whether it's scheduling a heart check-up, setting aside time for prayer and rest, or simply reaching out to someone in need of encouragement. Let us be intentional about guarding our hearts, strengthening our minds, and leaning into God's perfect love.

May this month be one of healing, renewal, and divine restoration for each of you. I am praying for your health, your peace, and your continued walk with the Lord.

*With love and blessings,  
Lady Umeka*

In this newsletter  
you can expect:

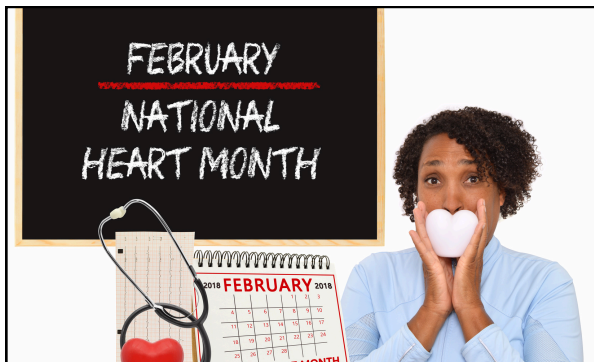
Welcome  
Message from  
Lady Umeka

Faith & Wellness  
Focus: Heart  
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Connection

Church &  
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Self-Care  
Challenge: 28  
Days of Heart &  
Mind Renewal



## Faith & Wellness Focus: Heart Health Month

### Faith & Wellness Focus: **Heart Health Month**

**Scripture Reflection:** “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” – Proverbs 17:22

Our hearts are not just physical organs; they are the wellspring of life, both spiritually and physically. The Bible reminds us that a joyful heart brings healing, emphasizing the connection between our emotions and overall well-being. Just as we nurture our faith, we must also care for our physical hearts, ensuring they remain strong and healthy.

### **Simple Tips for a Healthy Heart:**

✓ **Nourish Your Body:** Eat heart-healthy foods like fruits, vegetables, whole grains, and lean proteins.

🚶 **Stay Active:** Engage in regular movement—walking, dancing, or exercising for at least 30 minutes a day.

🔴 **Manage Stress:** Reduce stress through prayer, meditation, and deep breathing.

💖 **Guard Your Heart:** Surround yourself with positivity, faith, and loving relationships that uplift your spirit.



## Mental Health Corner: The Power of Love & Connection

**Scripture Reflection:** “Let all that you do be done in love.” – 1 Corinthians 16:14

Love is a powerful force that nurtures our minds and strengthens our spirits. God created us for connection, and our relationships, with Him, with others, and with ourselves, play a vital role in our mental wellness. When we love deeply and receive love in return, we experience peace, joy, and a sense of belonging.

### **Ways to Cultivate Love & Connection for Mental Wellness:**

💖 **Check In:** Reach out to a friend, family member, or fellow church member with a kind word or prayer.

🌿 **Practice Self-Love:** Care for yourself with rest, reflection, and activities that bring you joy.

🙏 **Lean on Faith:** In moments of stress or loneliness, turn to God's love for comfort and strength. This month, let's be intentional about spreading love, through our words, our actions, and our faith, knowing that love has the power to heal, restore, and uplift.



## 10-Day Self-Care Challenge: Heart & Mind Renewal

A short but powerful journey to refresh your heart, strengthen your mind, and deepen your faith. Each day, take a small step toward wellness; physically, emotionally, and spiritually.

### **Day 1: Gratitude & Praise**

Write down three things you are grateful for and thank God for them in prayer.

### **Day 2: Scripture Meditation**

Spend 10 minutes reading and reflecting on a scripture that brings you peace (e.g., Philippians 4:6-7).

### **Day 3: Hydrate & Nourish**

Drink plenty of water and eat heart-healthy foods today as a way to honor the body God has given you.

### **Day 4: Unplug & Be Present**

Take a break from social media or unnecessary screen time. Use this time to connect with God, family, or yourself.

### **Day 5: Encourage Someone**

Send a message, make a call, or pray for someone who may need support today.

### **Day 6: Mindful Breathing & Prayer**

Take five deep breaths, releasing stress with each exhale. Follow this with a moment of prayer.

### **Day 7: Move Your Body**

Go for a walk, stretch, or do a short workout to care for your physical and mental health.

### **Day 8: Speak Life Over Yourself**

Write down a positive affirmation or scripture about your worth and say it out loud.

### **Day 9: Rest & Reflect**

Prioritize rest today, whether it's taking a break, enjoying quiet time, or reflecting on how God has been moving in your life. Use this time to recharge spiritually and mentally.

### **Day 10: Worship & Surrender**

Spend time in worship, surrendering your worries to God, and embracing His peace and love.





## 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](http://www.btgf.org).



The flyer for the Bridging The Gap Foundation features a header with the organization's logo and the tagline "Making Access to Care a Reality". Below this is a photograph of a diverse family. The main body of the flyer is divided into sections: "ABOUT BTGF Our Mission" which states the goal of addressing mental health disparities; "Our Vision" which describes the goal of equal access to care; "WHAT WE OFFER" which lists access to professionals and funding for sessions; "WHO WE SERVE" which identifies the target population; and "WHAT TO EXPECT" which lists the types of support provided. A "CONTACT US NOW" section at the bottom left provides phone, email, and address information. The flyer concludes with the website URL and the phrase "YOU ARE NOT ALONE".

**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.

**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@btgf.org  
PO Box 763724  
Dallas, TX 75376  
<https://btgf.org>

**YOU ARE NOT ALONE**

[Click here to access flyer](https://btgf.org)

*Thank you for reading!*