

# Stories of *Hope & Healing*



September/October 2023

## Caring for the Caregiver

We hear many times in the gospels that Jesus went away to a deserted place to pray. As caregivers, there is no better way to care for ourselves than to follow the example set forth for us by Jesus. It can be hard to take the time to pour into ourselves when caring for other people. We might always be putting other people before ourselves; so what are some practical ways that we can take care of us?

On a daily basis, remember to engage in some sort of life-giving activity. It doesn't have to be something elaborate. We can find Jesus and restoration in the simplest places and activities; going for a short walk, taking 30 seconds to practice deep breathing, talking to another adult or a close friend, mindfully enjoying a cup of tea—the sky is the limit. Another important thing to remember as a caregiver is that your mind, body, and spirit matter! So often as caregivers we can fall into the trap of “martyr syndrome.”



We can sacrifice so much for the people we are caring for, we forget that in order to care for others well, we must care for ourselves well, too. Take time to reflect on how you are caring for yourself, mind, body, and spirit:

- Are you engaging in some sort of movement that feels good to you?
- Are you eating nutritious foods that help you function well?
- Are you checking in with your emotions frequently - talking to a counselor, pastor, or trusted friend to process challenging emotions?
- Are you spending time with the Lord in scripture, prayer, and/or times of praise and worship?

If you answered “yes” to any of these questions, that’s great! Continue to prioritize yourself as you care for others. If you answered “no” to any of these questions, that’s okay! Be kind to yourself and have grace; caring for others is hard! Make sure you don’t do it alone. This is why Jesus so often went away by himself to pray. He knew He couldn’t do it alone so he sought help from the Father frequently.

I encourage you to do the same. Jesus recognizes the sacrifices and challenges you face when caring for others. He desires to walk with you and to lighten your load, so allow Him.



**Written by Kristin Malloy, MA, NCC**

*Kristin specializes in working with adults and older populations struggling with anxiety, depression, PTSD, and trauma.*

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*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and will find rest for your souls. For my yoke is easy and my burden is light.*

Matthew 11:28-30



## In Him & Daybreak Wellness Fair

On Saturday, September 9, In Him joined with Daybreak Church in Mechanicsburg for our 3rd Annual Wellness Fair. Our first Wellness Fair was in 2021 outdoors with multiple stations of services we offer. Our second Wellness Fair last year in 2022 combined with our Lemoyne Office Open House for individuals to visit our new space and see an array of specialties and services offered at In Him.

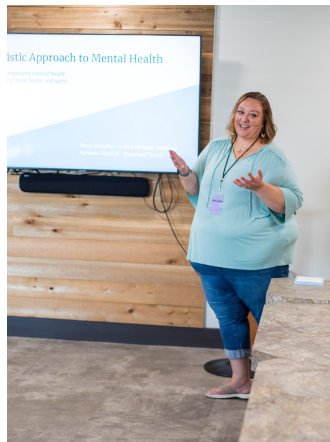
We feel so blessed to have had the opportunity to work alongside Daybreak Church to bring hope, healing, and an atmosphere of acceptance of mental health within the church at this 3rd year of a Wellness Fair. Taking a Holistic Approach to mental wellness is what we love to do at In Him, and we found Daybreak loves, too!

The Wellness Fair consisted of 7 topic tables covering a variety of different reasons that someone might pursue counseling: parenting, marriage, grief, trauma, anxiety, depression, and suicide. These tables had a Daybreak Support Group leader alongside an In Him clinician. We also had our integrated service providers present to offer experiential components and information on nutrition, movement & mindfulness, creative arts, Biblical counseling, Life Coaching, and Spiritual Direction.

Whit, our Therapy Dog, also made an appearance!



Along with information and resources, there were also three workshops: A Holistic Approach to Mental Health (Focusing on Anxiety & Depression), Parenting Support: Walking Alongside Children with Mental Health Needs, and Caring for the Heart of the Caregiver. Each workshop offered practical coping skills and informative testimony for participants to engage with. The workshops were led by Daybreak leaders and In Him staff.



3rd Annual

## Wellness Fair



A Holistic Approach to Mental Health



The 3rd Annual Wellness Fair also provided opportunity for community networking as there were 15 organizations and ministries for the surrounding area that came to offer their own resources, meet people where they are, and learn more about the power of a holistic approach to mental health! With the community and a church supporting this mission, we saw so many glimmers of hope and healing on this day, from

answered prayers to options for next steps to learning more for how to support a loved one or oneself.



We have hopes to continue our Wellness Fair in many different capacities and are looking forward to how God will continue to lead us.

**Stay tuned** for our next Wellness Fair--how to partner, get involved, or attend!

**Pray** for In Him's discernment in how we can play a part in providing spaces for hope and healing within, and outside of, the church for all people!



## Building Partner Relationships

At In Him Christian Wellness, we value the relationships we have with churches and organizations we partner with to bring hope, healing and life transformation to people through the gospel of Jesus Christ. Our partnerships begin with understanding and assessing the specific needs the church or organization may have, followed by identifying specific ways we can work together. We know there is not a one size fits all solution so we take the time to meet with the organizational leaders to assess specific needs and identify potential strategies and solutions to meet those needs. We do believe in asking questions as it relates to how the Holy Spirit is leading us, how we can best serve, equip, walk along side of, and support churches and organizations based on the clinical insight, expertise, and experience God has given us collectively through our In Him Christian Wellness team. Equipping may take place through workshops, specialized training, and group or individual mentoring and coaching.

Here are just a few unique ways we partner:

- Providing a "Walk-In Clinic" as a part of New Life Community Church's HUB Day to engage people where they are and provide hope in what they are going through (Carlisle).
- Continuing our annual Wellness Fair with Daybreak Church to promote an environment of hope, healing and acceptance within our churches and local communities (Mechanicsburg).
- Caring for staff through soul care and putting on community events like Mindful Movement in the Yard and Story and a Snack in efforts to support the work of The Cracked Pot, a coffee shop with a mission to employ and develop youth aging out of foster care (Mechanicsburg).
- Offering Integrated Services for mental health and wellness in collaboration with Grace Fellowship Church and their York Regional Dream Center (Shrewsbury).
- Hosting a quarterly virtual initiative called, "Join the Conversation - Working Together to Overcome the Stigma of Mental Health in our Churches and Communities" for leaders in churches and non-profits.



### Interested in partnering with us?

We would love to explore ways that we can serve, equip and support you as it relates to mental health and wellness!

TODD

## Fall Groups, Classes, and Workshops Launch

### Story & A Snack

Wednesday mornings at The Cracked Pot Coffee Shop, come hear a story, use a skill to make a snack, and enjoy exploring food together! Free drink for parent included with child registration. Every week now through October 11.

### Rhythms of Rest

Calling all individuals to this workshop to experience rest in a multitude of ways! With a different type of rest explained and experience each month for 7 sessions and a retreat at the end, you will be refreshed in mind, body, and soul! First one September 30!

### Pause for Peace

This class is every other Wednesday starting on October 4. It is for anyone to stop in 5:00-5:45 at our Lemoyne office and have a time of pausing from life, resting and refreshing with mindfulness tools.

### Hope After Loss

This group is for anyone who is navigating the loss of a loved one. Meeting Thursdays in our Lemoyne office, individuals will be able to express grief, learn coping skills, and develop community. Starting October 18.

### Full Spectrum

This ongoing group will start October 19 and is for teens with autism. Together, we will look at the unique ways God has designed each of us, and learn skills and strategies for coping and living fully!

### Voices of Hope

This group is for women who are survivors of childhood sexual trauma. Meeting every other Tuesday in our Lemoyne office, women will be able to journey together toward healing with the book "Threshold of Hope" and learning from a variety of integrated services. Starting October 24.

# Mindful Moment: Mindfulness Walk

We invite you to take a walk outside this month (or a few!) as the air gets cooler and be mindful. Below are a few ways to notice and breathe in nature.



**As you walk**, notice the sounds, smells, sights around you. Breathe deep and name what it is you are sensing--and feeling!



**Go for a hike** and take time to stop and pick up leaves, rocks, or sticks that stand out to you; Why do they stand out? What brings you joy about them?



**Schedule walks** around stressful or busy parts of your day to give yourself fresh air, a mental break, and get the body moving. Just 5 minutes is helpful!



**Walk with** someone you know and ask them meaningful questions. **Or call** someone you haven't talked to in awhile. **Or pray** while you walk and be with God.

# Parenting Tip: Back to School

As kids go back to school and schedules get more full, it can sometimes feel hard to connect with your children in meaningful ways. Here are two ways to aid in helpful communication:

- See **BEHAVIOR** as **COMMUNICATION**

Be curious about what your child is expressing through their actions; communication is not always through words because children cannot find words for what they are feeling. Take time to notice and ask good, curious questions about behaviors.

Ex. "I noticed you seem angry tonight. Did something happen at school that upset you today?"

- Establish **VISUAL REMINDERS**

To increase independence and reduce nagging a child for scheduled rhythms, set a visual cue together.

Ex. A routine chart on the wall

Ex. A visual timer like "Time Timer" for bedtime



# Stay Connected!



Find out more about In Him Christian Wellness; our services, intake process, and events.

Scan the QR code to the left for links to our Website, Social Media, and other ways to stay connected.

[www.inhimchristianwellness.org](http://www.inhimchristianwellness.org)



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In Him Christian Wellness is a faith-based non-profit that addresses mental health from a Christ-centered, holistic perspective. Through professional services, collaborative care, and partnering with the local church, In Him seeks to promote hope and healing to all.

In Him is committed to providing services regardless of ability to pay. Connect with us to find out more!



Visit us at one of our four locations!

