

ASHEVILLE WARD RELIEF SOCIETY

March 18 – April 1, 2021

3 Practical Ways to Improve Your Emotional Resilience This Week

Emotional resilience refers to a person's ability to cope with the demands and emotions of each day. A person who is emotionally resilient, *processes* their emotions and faces them head-on, without becoming overwhelmed or unable to continue with the demands of the day. We are so excited for in-person classes to start again, as Sister Pam Goldschmidt (a licensed counselor) has volunteered to teach emotional resilience classes. This is something many of you have expressed interest in, and we are very excited for these classes to start! In the meantime, here are a few ways to improve your emotional resilience this week.

- 1. MAKE SPACE FOR YOURSELF.** Avoid overfilling your schedule, and make a conscious effort to dedicate time each day to processing your emotions. You might consider developing a consistent journaling/ meditation practice, or even designate a specific physical area in your home to emotion processing.
- 2. "FEEL IT TO HEAL IT."** Our emotions tend to have less power over us when we just face them head-on. You have to feel it to heal it. When you feel a particular emotion, stick with it, notice how it feels in your body, take note of images/ colors that may come to mind as you process that emotion. And most importantly, strive to not judge or label your emotions.
- 3. CREATE HEALTHY BOUNDARIES.** Identify your needs and create boundaries based on what *you* can control- your own thoughts, feelings, actions. This might sound like: "When [specific topic] arises in conversation, I feel angry and defensive. If that comes up in my conversations today, I will choose to change topics or remove myself from the situation."



HAPPY BIRTHDAY!

March 19- Autumn Moore
March 21- Paula Williams
March 23- Lois McCombs
March 24- Martha Garvin
March 27- Marcia Bennett
March 28- Erin Jones
March 29- Kimberly Garner
March 31- Jennifer Hartzog & Carmin Olivares Rocha

MARK YOUR CALENDARS

Our next lesson will be **March 28**. Mackenzie Ostler is teaching on "Peace, Be Still" by Lisa L. Harkness.

MISSIONARY MEALS

Please sign up to feed our 4 sister missionaries on the ward website. Missionaries are now able to eat in members' homes, where they will wear a mask when not eating. *However, if you would be more comfortable, you can always prepare a meal and have the sisters come pick it up.*

COME FOLLOW ME WEEKLY READING

March 8-14
D&C 23-26

March 15-21
D&C 27-28

March 22-28
D&C 29

Mar 29-Apr 4
Easter

RS Lesson Follow-Up: Laura Perry's Lesson Challenges

Sister Perry led a fantastic lesson this past Sunday on Christina Franco's Conference talk: "The Healing Power of Jesus Christ." As part of her lesson, she extended 2 challenges. We wanted to remind you of these challenges, and encourage you to ponder on them this week.

- Take one broken thing to Christ in prayer- ask Him to heal this thing.
- Identify three things Christ has made whole for you.

Thank you for these challenges, Laura! It is our hope that each of you can feel of Christ's love as you consider these things.

COUNTDOWN TO CONFERENCE:

Free, daily study guide to help you prepare for conference and follow President Nelson's invitation to study covenant Israel.



"I think you will be astounded! Ponder these promises. Talk about them with your family and friends. Then live and watch for these promises to be fulfilled in your own life."

-President Nelson



At last General Conference, President Nelson challenged each of us to take note of promises made to covenant Israel as we read our scriptures. *LDS Living* has put together a study resource, to guide you through this challenge. You can find the study guide at this link:

<https://ldsliving.s3.us-west-2.amazonaws.com/landingpages/Covenant%20Israel.pdf>

The guide takes you through several themes, spelling out the word 'Israel'- Immanuel, Saved, Rewarded, Atoned, Eternal, Loved. Each day of the week is assigned a different task: Sunday Scripture, Monday Music, Tuesday Talk, etc. We wish we knew about this sooner, as it is a 6-week study guide, but we hope you will check it out and consider using it as you prepare for Conference in April.