

HELLO PILGRIM REST FAMILY

PRAYER

- ✓ Healthcare Workers / First Responders / Essential Workers / Those affected by the Coronavirus Worldwide
- ✓ Pilgrim Rest Missionary Baptist Church Family

TAKE CARE OF YOUR MENTAL HEALTH (The following information is from the CDC)

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

Healthy ways to cope with stress

- **Know what to do if you are sick and are concerned about COVID-19.** Contact a health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).
- **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
 - **Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about [wellness strategiesexternal icon](#) for mental health.
 - **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
 - **Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
 - **Stay informed**– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
 - **Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
 - **Seek help when needed**– If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at **1-800-985-5990**.
 - **Look out for these common signs of distress:**
 - Feelings of fear, anger, sadness, worry, numbness, or frustration
 - Changes in appetite, energy, and activity levels
 - Difficulty concentrating and making decisions
 - Difficulty sleeping or nightmares
 - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
 - Worsening of chronic health problems
 - Increased use of alcohol, tobacco, or other drugs
- **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

- **Take care of your body.**
 - Take deep breaths, stretch, or [meditateexternal icon](#).
 - Try to eat [healthy, well-balanced meals](#).
 - [Exercise regularly](#).
 - [Get plenty of sleep](#).
 - Avoid excessive [alcohol and drug use](#).
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. Free and confidential [resources](#) can also help you or a loved one connect with a skilled, trained counselor in your area.

BIBLE STUDY

- ✓ Facilitated by Pastor Childs
 - Tuesday at 6:30 p.m. and Thursday at 1:00 p.m.
 - **ZOOM** (Video) and (Call in), and the **CONFERENCE CALL LINE** (Call in)
- ✓ Facilitated by Sis. Davis (for women)
 - Monday at 6:00 p.m.
 - **CONFERENCE CALL LINE** (Call in)
- ✓ Facilitated by Deacon Cocroft
 - Tuesday at Noon
 - **CONFERENCE CALL LINE** (Call in)

PILGRIM REST PARENTS, GRANDPARENTS AND GUARDIANS

First, we reestablished our Church School Classes via Zoom.

Second, since mid-March, schools have been closed due to the Covid-19 (Coronavirus).

- ✓ Therefore, please let me know your thoughts and question regarding when school should begin, how school should begin (in the building or at home). Everything you share will remain confidential.

Third, if you have other specific needs or specific prayer requests for your children/grandchildren,

UPDATES

If you are not receiving weekly updates and Announcements either via phone call, email or text, we do not have your current or correct contact information.

AUGUST MEMORY VERSE

⁸ He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? Ephesians 4:26, 27 (NRSV)

AUGUST MEDITATION QUOTE

“When you see something that is not right, not just, not fair, you have a moral obligation to say something – to do something.” Congressman John Lewis

ELECTION ON TUESDAY, AUGUST 11, 2020 ---- EARLY VOTING AT MIDTOWN...

BE SAFE, BE SMART, BE SERIOUS

I remain prayerful for your safety and security and remain available to you to listen and share regarding your needs and concerns. Please call me, text me (414-852-4010) and/or email me pilgrimrestpastorchilds@gmail.com so we can talk out and talk through *anything* and *everything* that you may be going through or need assistance with.

We love you, Pastor and Sis. Thressa Childs

