JANUARY

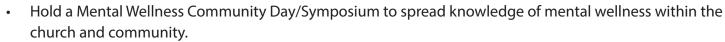
Mental Wellness Month

Mental Health Objective:

Mental Wellness Month is a public health and awareness campaign, developed by the International Association of Insurance Professionals on January 12, 2015, to emphasize the importance of taking care of mental wellness and providing different means of improving mental health.

Ministry Ideas:

- Have a professional come speak to the church about Mental Wellness and its benefits and be available to church members at the end of service if they feel led to gain further knowledge on the subject.
- Provide a fact sheet in the bulletin providing the benefits of Mental Wellness and different ways of improving mental wellness.
- If viewing this document in a printed format, point your smartphone's camera at the above code and then click on the link that appears at the bottom of your screen to be taken to a webpage with this month's resources and clickable links.



- Do a "Walk for Wellness," which promotes mental wellness, and is also a great coping skill for those who may feel stressed, anxious, depressed, etc.
- Have "Prayer for Wellness," where members will take an amount of time out of their day to pray for mental wellness within their church and communities.
- Have a "Wellness for the Youth" Day, which would entail activities such as: teaching children to meditate, teaching a yoga class, and/or a dance class, providing youth with information and fact sheets on mental wellness to give them a better understanding.
- Do a "Mental Wellness Check Day," where church members take a survey/questionnaire to see the status of their mental wellness.
- Have members get together to do a commercial to bring awareness to others on Mental Wellness.

Media:

7 Ways to Detox your Emotional Well-Being https://www.youtube.com/watch?v=PAestsXAWsw

AHS: Ways to Mental Wellness https://www.youtube.com/watch?v=4ju2G3KtKNA

Black Mental Wellness:

https://www.facebook.com/BlackMentalWellness/ https://www.blackmentalwellness.com/

Facts Sheet:

Staying Mental Health https://www.mhanational.org/staying-mentally-healthy

4

JANUARY

National Drug and Alcohol Facts Week — Jan. 22-27

Public Health Objective:

This week was started in 2010 to link students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, music, and from friends.

Ministry Ideas:

- Share national drug and alcohol facts on the church social media presence.
- Include national drug and alcohol facts in the church bulletin.
- Identify an age appropriate children Christian Education lesson on drug and alcohol facts; provide
 children biblical scriptures about our bodies being a temple of God and healthy ways God encourages
 us to care for our bodies instead of violating our bodies with drugs and alcohol; teach children how to
 honor their emotions and to talk about feelings (sadness, loss, etc.) to talk about their feelings instead
 of self-medicating with alcohol and drugs (this will be a good lesson for middle-to high schoolers with
 dialogue).
- Have an addictions professional provide resources after church in the narthex for persons to pick up after worship.
- Sponsor a program on addictions to include persons in recovery who share their story of addictions and recovery (consider integrating into worship even to have someone share a recovery sharing for 5-10 minutes during worship) to reach the congregation as a whole
- Provide drug/alcohol facts literature throughout the church.
- Have evangelism and/or outreach team visit community businesses and share addictions fact
 information (i.e., Infographic on alcohol and drug facts) that is concise and ask if a Helpline poster geared
 for youth in the businesses.

Media:

Teen Health: Substance Use and Abuse https://youtu.be/6fmhLcYSn-Y

Why Do People Get Addicted to Drugs and Alcohol? https://youtu.be/F6UMf1jh79w

Beating Opioid Addiction https://youtu.be/PfwO4rrd5CM

Fact Sheets/Resources:

Fact Sheets for Talking to Your Child About Alcohol https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol