KEEPING AIR IN YOUR BALLOON

Brenda Hicks, Southwestern College - NASFAA Chair
NDASFAA Annual Conference. April 2021
The soul, light as a feather, fluid as water, innocent as a child, responds to every moment of grace like a floating balloon."

Jeanne-Pierre de Cassade, Jesuit Priest – 15th Century France
My mom when I'm driving

trady34, ifunny.mobi
Eight Dimensions of Wellness

- Emotional
- Spiritual
- Occupational
- Intellectual
- Financial
- Physical
- Environmental
- Social
BREATHING

Cause you can’t jump the track, we’re like cars on a cable
And life’s like an hourglass glued to the table
No one can find the rewind button, girl
So cradle your head in your hands
And breathe, just breathe
Oh breathe, just breathe

Anna Nalick
Breathe (2am)
The diaphragm is shaped like a parachute.
BREATHING

“When the body is under duress, it often experiences something called “effortful breathing...It all comes back to our fight or flight response...we automatically breathe faster, hoping the extra oxygen will help us to move faster or fight harder.”

Mental Floss
Wellness

Prayer

Breathing

Music
PRAYER

“I saw more clearly than ever that...the first thing to be concerned about was not, how I might serve the Lord, how I might glorify the Lord; but how...my inner man may be nourished...I saw that the most important thing I had to do was to give myself to the reading of the Word of God and to meditation of it.

George Mueller
Happiness ≠ Happiness =

HAPPINESS TRAP
HAPINESS TRAP

“The degree of control we have over our thoughts and feelings depends largely on how intense they are, and what situation we are in – the less intense the feelings and the less stressful the situation – the more control we have.”

Russ Harris
MEDITATION APPS

- Calm
- Insight Timer
- Headspace
- SoulSpace

His love turns mistakes into miracles.
Wellness

Music

Breathing

Prayer
PUT IT ALL TOGETHER APPS
5-Minute Break - Office Yoga - YouTube

80s Warm Up WE LOVE DANCE - Join my livestream! (Mix by DJ Baddmixx: link in the description below) - YouTube
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ONLINE RESOURCES

**Live Well Community Health Centers:** https://hccnetwork.org/behavioral-health
Tele-health psychiatric services

**National Alliance on Mental Illness:** https://namikansas.org/ Mental Health America Hotline: Text MHA to 741741. Mental Health America is a nationwide organization that provides assistance through this text line.

**Crisis Text Line:** Text CONNECT to 741741. Specialized crisis counselors are just a text message away on this free, confidential 24-hour support line. To further protect your privacy, these messages do not appear on a phone bill. The text line also provides services and support if you are upset, scared, hurt, frustrated, or distressed.

**SAMHSA’s Mental Health Service Locator:**
https://www.findtreatment.samhsa.gov/ Online Mental Health Screenings
MindWise Innovations: https://www.helpyourselfhelpothers.org/
Anonymous online mental health screenings are a quick way to determine if you or someone you care about may need to reach out to a doctor or mental health professional for an evaluation. Screenings are available for alcohol and substance use, depression, PTSD, and other mental health concern.

National Suicide Prevention Lifeline: https://suicidepreventionlifeline.org/ 1-800-273-8255

Trans Lifeline: 1-877-565-8860

Veterans Crisis Line: https://www.veteranscrisisline.net/ Call: 1-800-273-8255 & press 1 Text: 83825