

# 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."

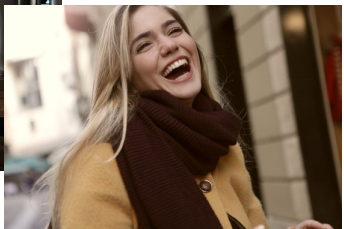
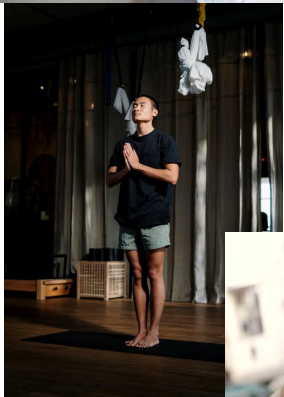
Jeanne-Pierre de Cassade, Jesuit Priest – 15<sup>th</sup> Century France















My mom when  
I'm driving

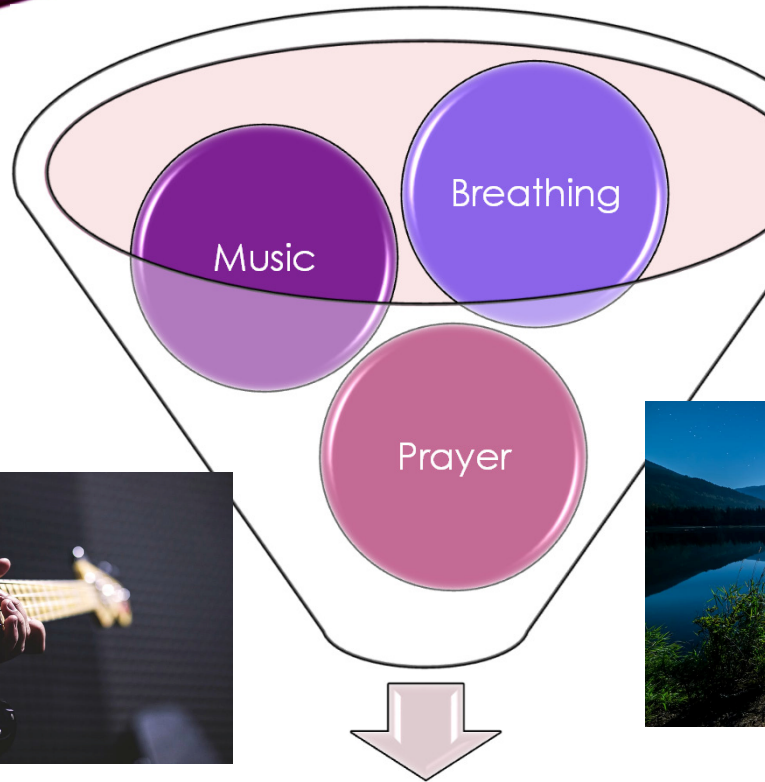
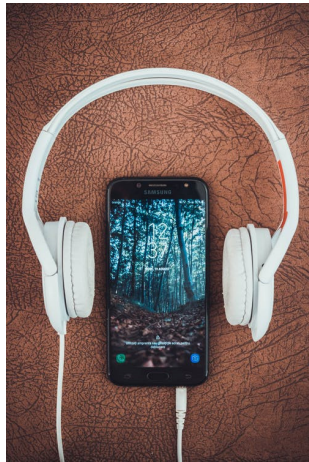
trady34, ifunny.mobi











Wellness

# 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

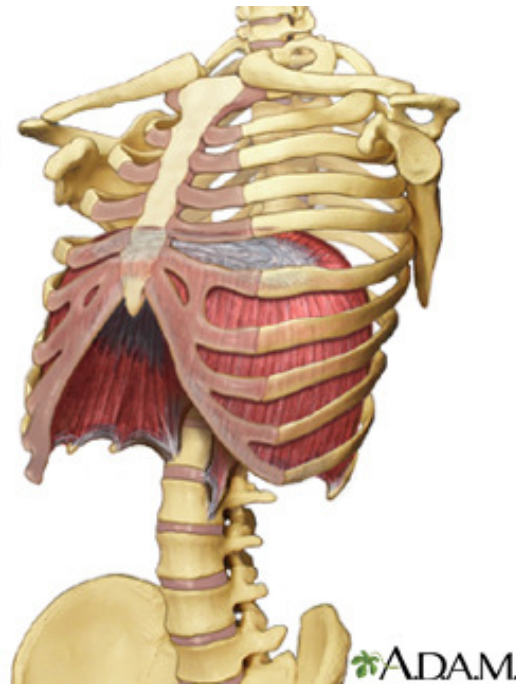
Oh breathe, just breathe

Anna Nalick  
Breathe (2am)





The diaphragm  
is shaped  
like a parachute



ADAM.

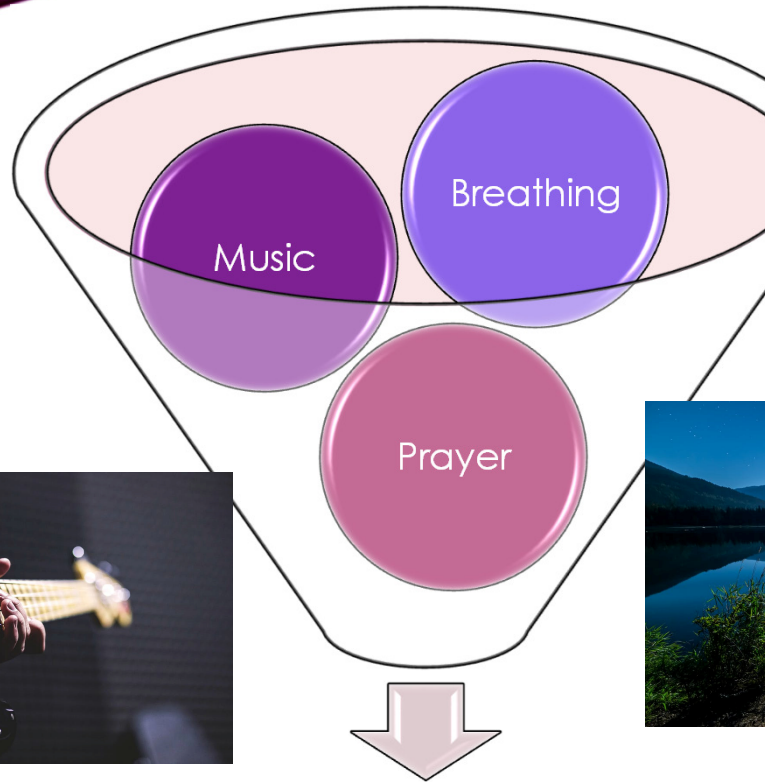
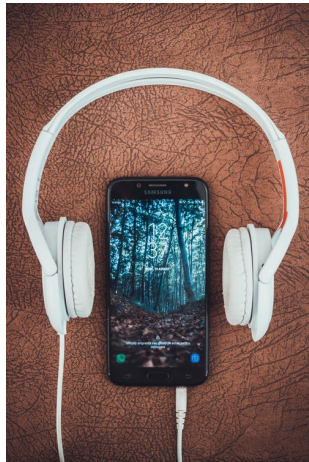


# BREATHING

“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

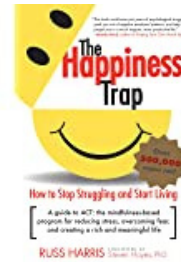
# PRAYER

"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 TRAP

Happiness  $\neq$



Happiness =



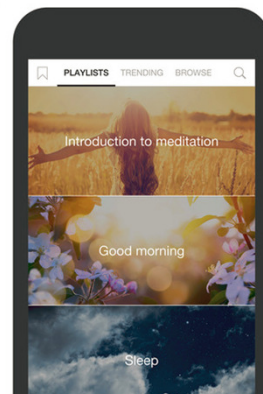
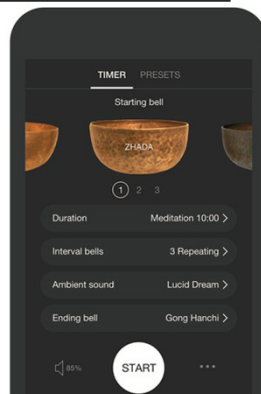
# HAPPINESS TRAP

"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."

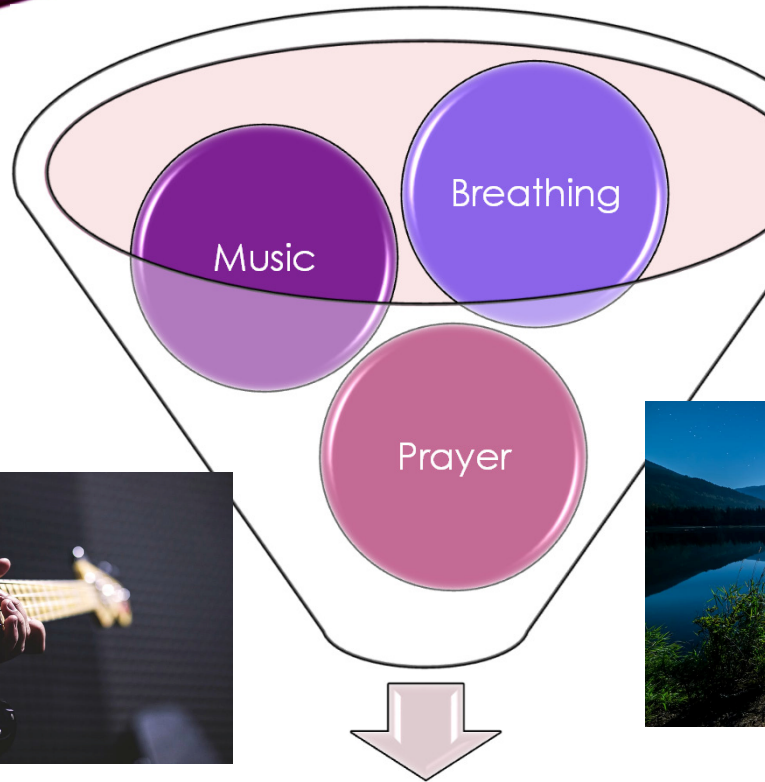
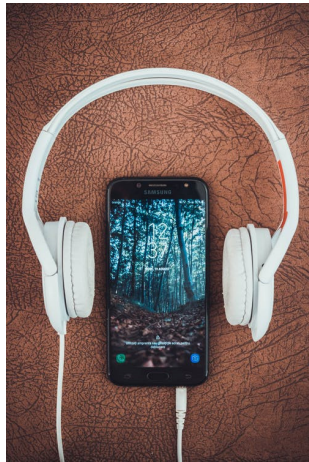
Russ Harris



# MEDITATION APPS

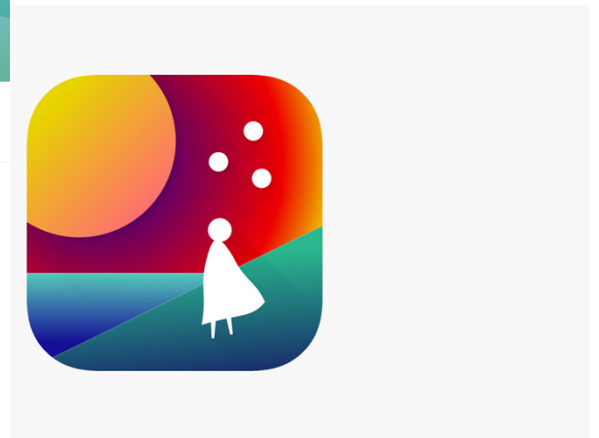
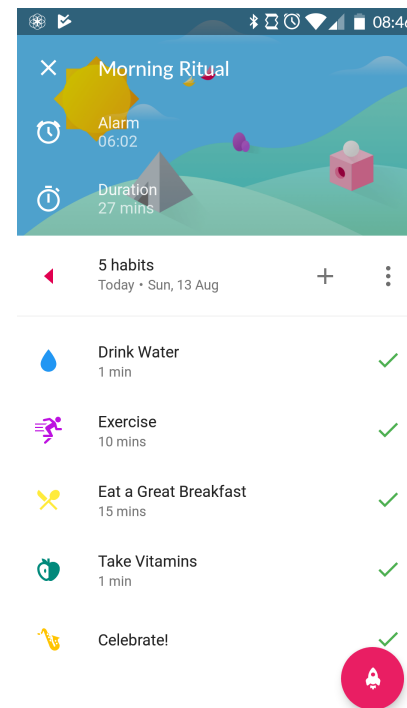






Wellness

# PUT IT ALL TOGETHER APPS



# YOUTUBE



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





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 – 15<sup>th</sup> Century France





# 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

# ONLINE RESOURCES, CON'T.

**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

