Today's Guide For A Healthy Conversation

Be respectful and open of others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today’s session will be recorded and will be posted to our Living Well Wednesday webpage:

AND JUSTICE
FOR ALL

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this
institute is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal
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To file a program discrimination complaint, a complainant should complete a Form AO-3277, USDA Program
Discrimination Complaint Form, which can be obtained online at https://www.usda.gov/wps/portal/usda/menuLINKS/programalerts
or requested from the office, by calling (800) 602-9999, or by writing a letter addressed to USDA. The letter must contain the complainant's
name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the
Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AO-3277
form or letter must be submitted to USDA by:

mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-0102

fax: (202) 874-1002

email: program.intake@usda.gov

This institution is an equal opportunity provider.
Holiday Joy as a Given?
Being sad is part of being human.
Numbness is actually a wonderful way to protect ourselves from emotions for which we are not ready." Rev. Tilda Norberg
988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

The 988 Lifeline
988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.) Click below to learn more about 988.

LEARN MORE
Who?  What?  Where?
- Listening
- Food
- Prayer
- Plans
- Hugs?
- Ask for help
- Cards
You are the expert on your anxiety and grief!
“Grief is a shape-shifter that shows up in a thousand different ways.”
Joanna Harader, *Expecting Emmanuel: an Advent devotional*
Resources

- Feelings and Needs Cards [https://www.malindaelizabethberry.net/feelings--needs-cards.html](https://www.malindaelizabethberry.net/feelings--needs-cards.html)
- Gestalt Pastoral Care [https://www.gestaltpastoralcare.org/](https://www.gestaltpastoralcare.org/)
- Brene’ Brown website (Empathy & Sympathy, and much more) [https://brenebrown.com/](https://brenebrown.com/)
- Spiritual Directors International - Find a Spiritual Director [https://www.sdicompanions.org/](https://www.sdicompanions.org/)
- *Expecting Emmanual: Eight Women Who Prepared the Way* by Joanna Harader
More Resources

- Employee Assistance Program (EAP) [https://www.betterup.com/blog/what-is-an-eap](https://www.betterup.com/blog/what-is-an-eap)
- Community Mental Health Centers:
- Association of Community Mental Health Centers of Kansas, Inc.:
  [https://acmhck.org/](https://acmhck.org/)
- Map of Health Centers across the state of Kansas:
  [https://acmhck.org/resources/cmhc-map/](https://acmhck.org/resources/cmhc-map/)
- National Suicide & Crisis Lifeline: Call or text 988 or chat 988lifeline.org
- Kansas Suicide Hotline: 785-841-2345
Join us on Wednesday, December 14, for Healthy and Prepared for the Holidays!

Tips for:
- preparing meals ahead of time
- healthy modifications
- repurposing leftovers