



LFS
COLORADO SPIRIT
Wellness Program
Of Lutheran Family Services Rocky Mountains

Hello!

The LFS Colorado Spirit team has prepared care packages to remind us all to find time to take care of ourselves. We hope you enjoy these activities and that they motivate you to find opportunities to dive deeper into topics.

The LFS Colorado Spirit is a short-term program that is working to provide support to our community as we handle the current challenges. Our team is here to listen and guide you through the feelings, stressors and emotions you may be experiencing right now.

All our services are free, anonymous and conducted by phone. Translation is available upon request!

If you find yourself in need of someone to go through any activities or prompts with, don't hesitate to give us a call our team is here for you if you need a wellness buddy or just a listening ear!

Self Awareness Prompts

Do you feel your life is in balance? Is there something you should be doing more (or less) of?

Over the past week, what did you do to bring yourself closer to reaching your goals? What can you do over the coming week to achieve further progress?

What are your main coping mechanisms? Are they serving you well?

**Who are the people you can relax with, and how do you feel when you've reached a state of total relaxation?
When was the last time you were truly relaxed?**

What actions can you take today to simplify your life?

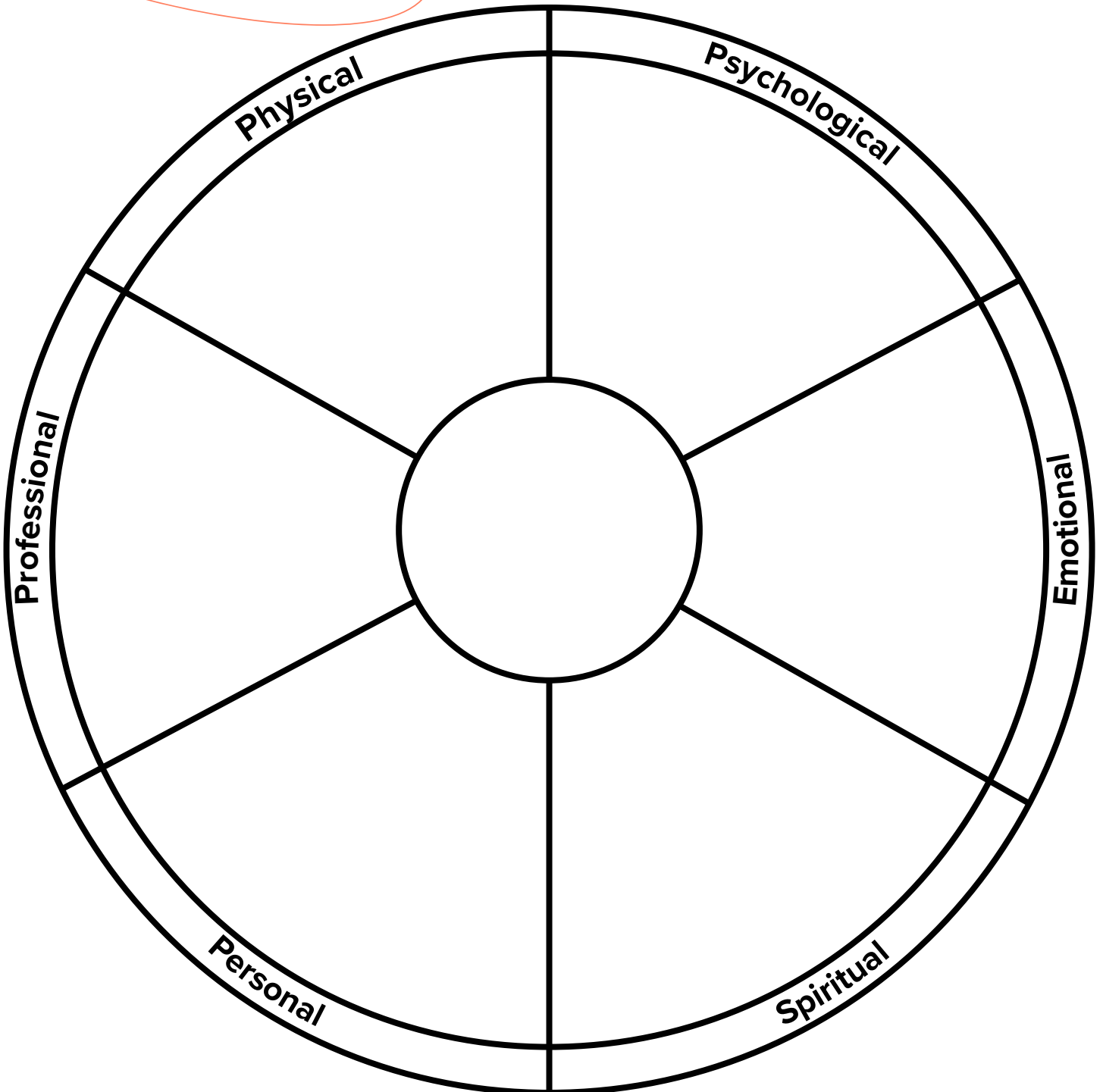
How do you tend to handle uncertain situations?

What's going great in your life right now?

What is your favorite positive affirmation or reminder?

Self Care Wheel

The self care wheel helps us identify areas in our life that help us replenish ourselves when we are feeling stressed out. Fill out your self care wheel with activities that can help you rebalance!



Self Care Goal

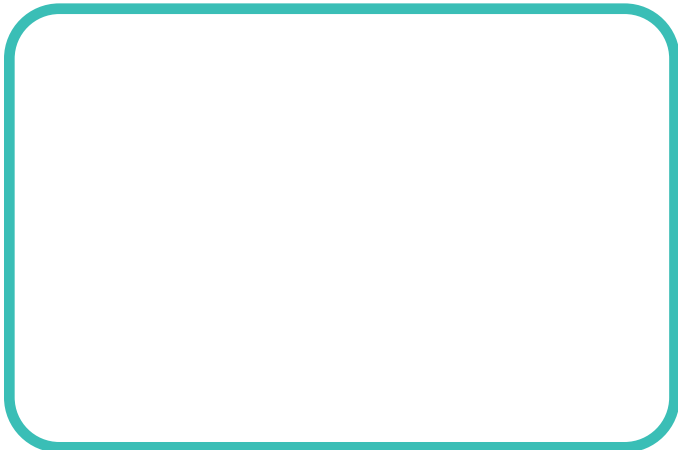
My self care goal:



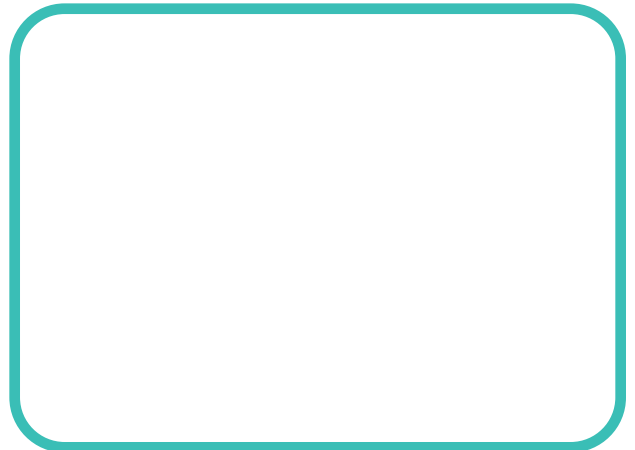
Steps to take:



Potential Obstacles:



**How I Can Respond
to these Obstacles:**



How I Will Celebrate My Wins:



Weekly Self Care Routine

My self care goal:

Daily Focus:(Remember, small steps every day make a BIG difference)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Favorite Accomplishments This Week:

Conflict Resolution Prompts

What do you think of when you hear the word “conflict”?

What is your definition of conflict? Is it positive or negative?

How do you solve conflict in friendships? School? Family life?

What is your usual response to conflict? Do you have a typical conflict resolution style?

Discuss the importance of listening when involved in conflict.

Conflict can result in positive outcomes. Why is this?

What is the difference between conflict and bullying?

Provide a step by step approach that would help resolve conflict.

Conflict Resolution: Scenarios to solve together

Your friend made fun of you behind your back and you found out.

Your sibling lost your favorite book.

Someone took your seat at the movie theater.

Your teacher gave you a bad grade, but you worked hard and don't understand why?

Someone made fun of the socks you received on your birthday.

A classmate took credit for all the hard work you did on a group assignment.

You didn't follow your family's instructions for dinner.

Someone betrayed your trust.

You've been blamed for something you didn't do.

Grounding Exercise

Below is a breathing based grounding exercise. Breathing exercises can be practiced anywhere. If you feel anxious when you are out and about, or need to refresh yourself during the work day, breath work is a great way to add some relaxation to your day.

4-7-8 Breathing

Breathe in for 4 seconds.

Hold Breath for 7 seconds

Breathe out for 8 seconds.

Optional: Repeat 3x or 5x for deeper relaxation!

We're Here For You!

The LFS Colorado Spirit Wellness Program

is helping our communities recover. Support for your well-being is available for anyone struggling with pandemic-related stress.

We work with people living in the city and county of Denver. We work with you to get the support you need by taking the time to understand your unique challenges, identify and enhance your existing strengths, and connect you to the right resources.

Anyone can access our free, anonymous services.

Including, individual, couples, families, children, teens, and adults. Resources are also available to community organizations and professionals.



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www.lfswellness.org

Ways We Can Support:

Skills to manage & reduce stress

Connection to critical resources

Helpful ways to deal with anxiety, depression, and uncertainty

Create a plan to address your unique needs

Coping with grief and loss related to COVID-19

Scan For Free MyStrength APP



Call Us At:

(303)217-5845
(Denver)



@lfscospiritwellness