

RESILIENCY: EMOTIONAL HEALTH

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2020

INTRODUCTION

THANK YOU
WESTLIFE CHURCH
AND COCHRANE
ALLIANCE

EMOTIONS EXPERT?

IMPACT OF COVID-19

IMAGINE... DRIVING ON THE HIGHWAY



DO – AHHH – BE

DO – AHHH – DO – AHHH – DO –
AHHH – DO – AHHH – DO – AHHH
– DO – AHHH – DO – AHHH –
BE

BE



Physically

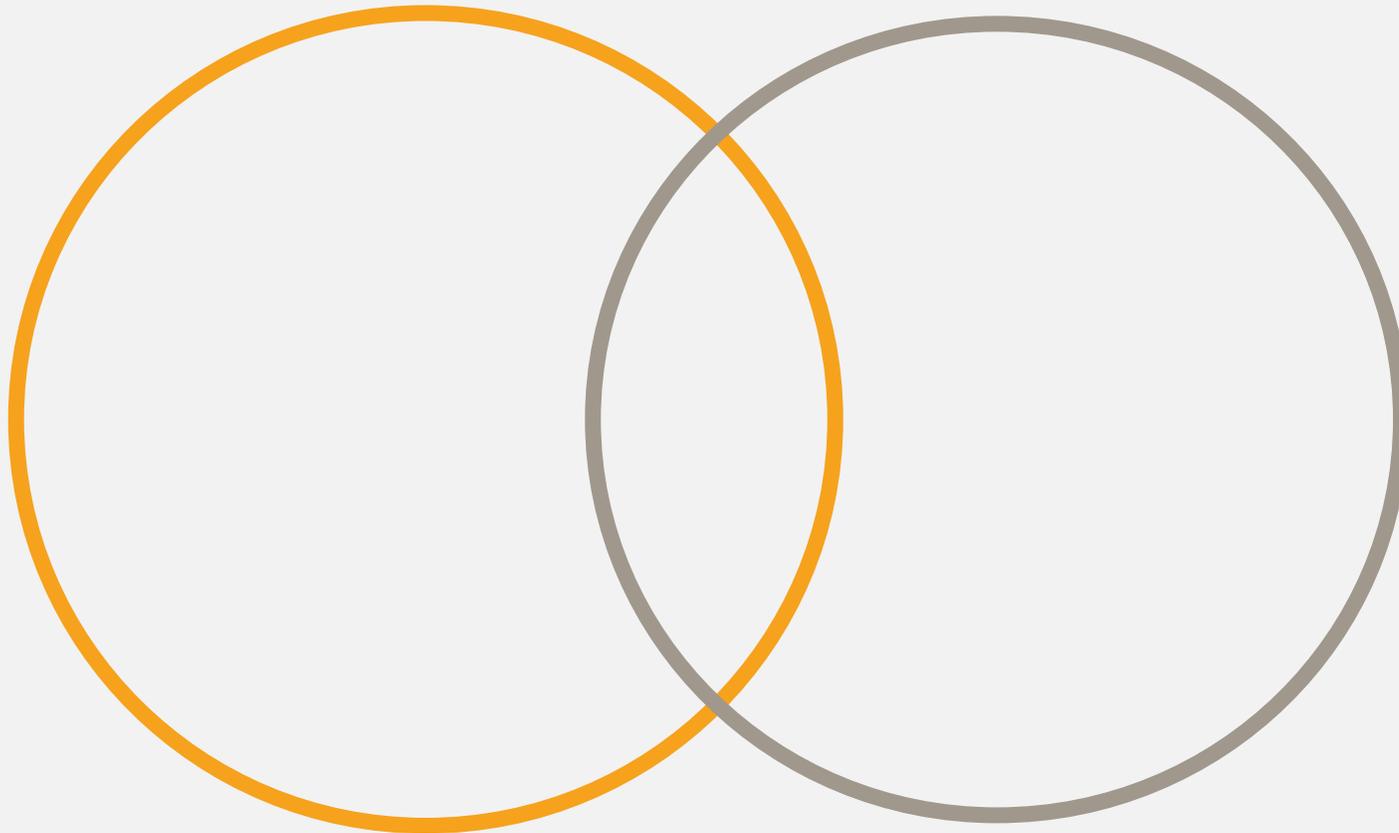


Emotionally

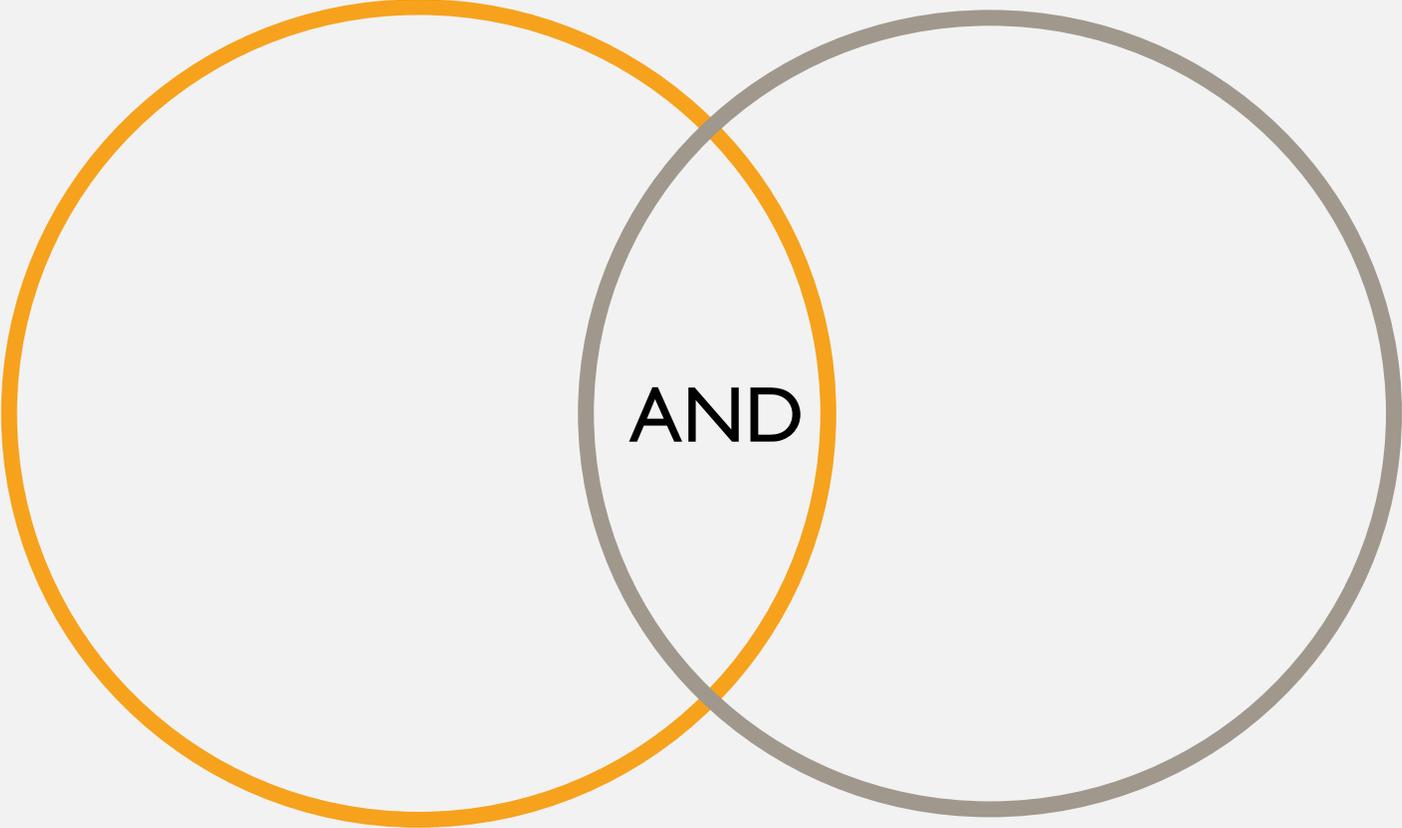
RESILIENCY

WAVES

THOUGHTS AND EMOTIONS



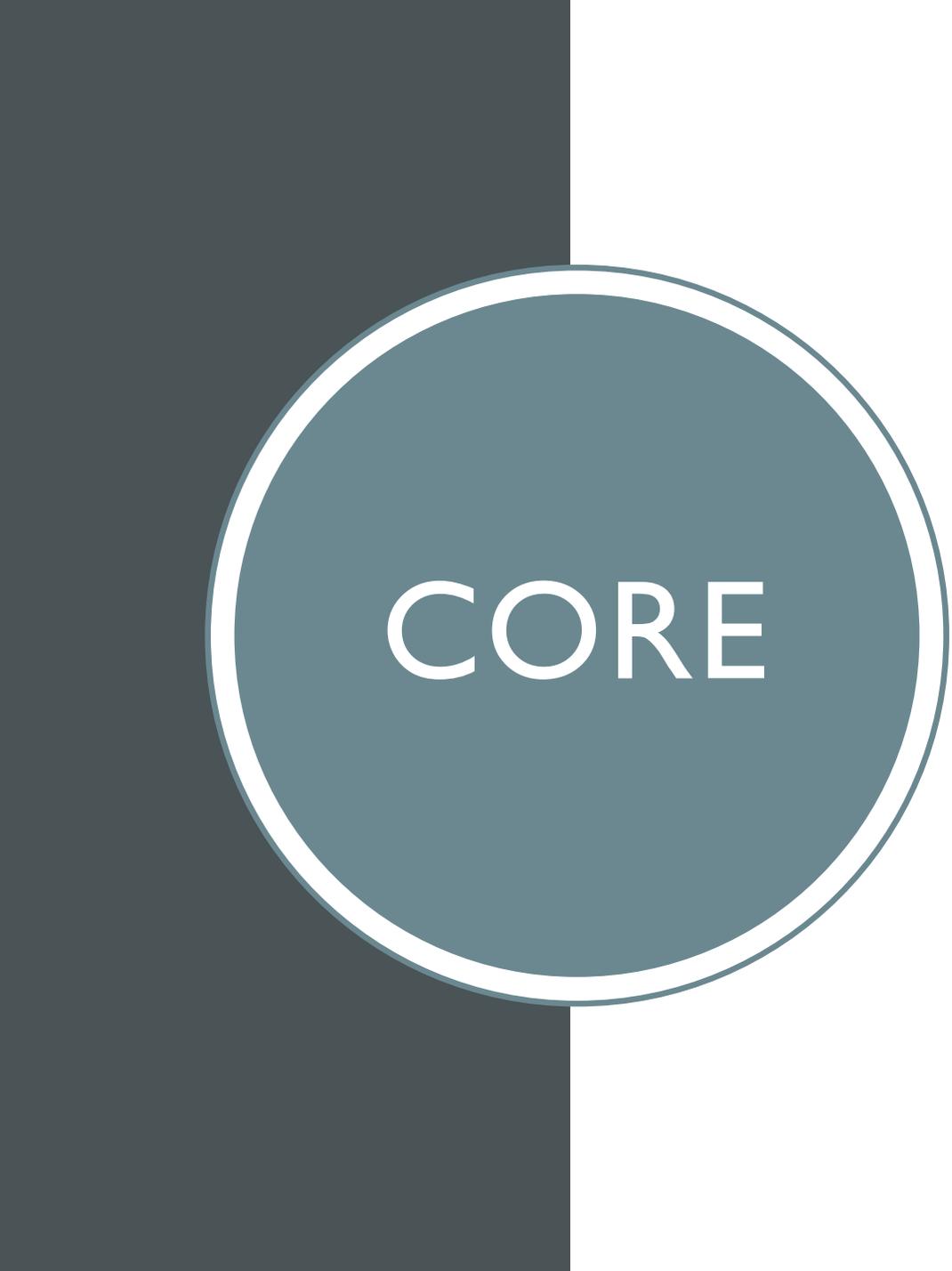
YES...



AND

RESPONSE

FAITH - RESILIENCY - MEANING



CORE

- **IDENTITY**
- **CONNECTION**

HOPE

THANK YOU