



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.

Rooted Relationships: Building Resilient Homes

Living From the Overflow

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- Trauma, Leadership, Marriage

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- Trauma, Anxiety, Relationships



SEND US YOUR QUESTIONS!



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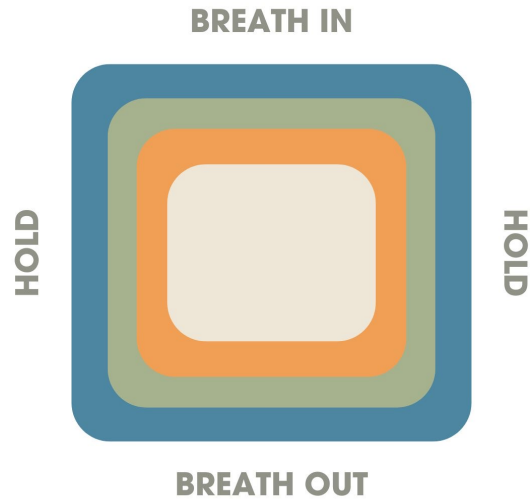
317-979-9133



@CARE_TO_CHANGE

4 square breathing

Breathe in, hold and
breathe out in 4 times,
and you will feel calm.



Four-square breathing helps calm the nervous system by slowing the breath, which signals the body to shift from a stress response into a state of safety and regulation. 🧡

Goals for this session

What we'll learn

- Remember why it matters how we show up
- Assess your wellness
- Identify the best version of you
- Outline steps for living who God created you to be



Why does it matter how we show up?



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Why it matters how we show up

What happens when we live from a place of not knowing?



Why it matters how we show up

What happens when we live from a place of not knowing?

- We strive for it
- We're overworked
- We're depleted
- Disappointed...



Why it matters how we show up

What happens when we live from a place of not knowing?

- Weary
- Guilt ridden
- Desperate
- Burned out



Why it matters how we show up
But what happens when we live from a place of knowing?



Why it matters how we show up

What happens when we live from a place of knowing?

- Balanced or boundaried with priorities
- Healthy in mind/body/spirit
- Less likely to fall into addictive patterns...



Why it matters how we show up

What happens when we live from a place of knowing?

- Balanced or boundaried with priorities
- Healthy in mind/body/spirit
- Less likely to fall into addictive patterns



Why it matters how we show up

What happens when we live from a place of knowing?

- Free to be our authentic/best selves
- Relationship fulfillment
- More likely to reflect Christ accurately



How you show up matters.

Because how you know and experience God's love and truth about **you** will flow onto others.



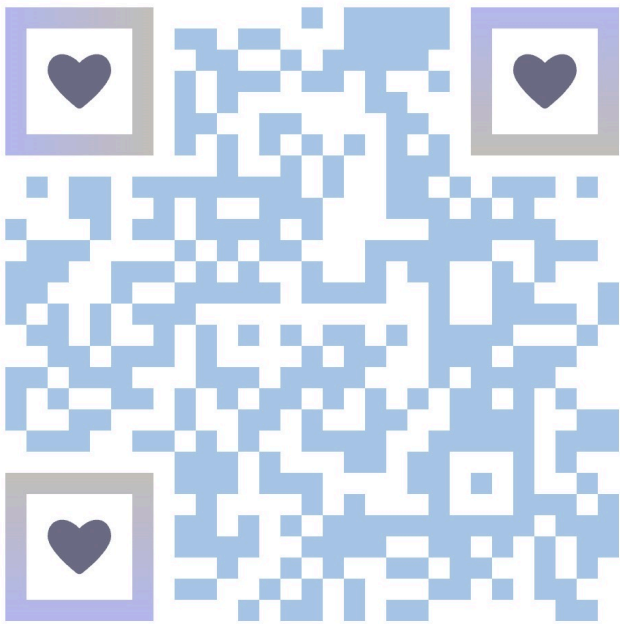
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So let's assess



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So let's assess



How did you score?

Are you living from abundance?



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So let's Remember the Best Version of You



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So let's Remember the Best Version of You

Think of a time

When were you living your best life?



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So let's Remember the Best Version of You

Try the 6.2.1 approach



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So let's Remember the Best Version of You

What happened?
What got in the way?



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So let's Remember the Best Version of You

What we know to be true
What God tells us.

- God is passionate about our health and integrity (Heb 11:1, Jer 30:17, 3 John 2)
- His speaks truth over us (Ps 119:160)
- God calls us to abundant life (John 10:10)



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Steps for Living Who God Created You to Be



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Steps for Living Who God Created You to Be

Going Back to the Basics

- Thoughts
- Feelings
- Beliefs
- Behaviors



Steps for Living Who God Created You to Be

Going Back to the Basics

- Thoughts - think about what you think about.



Steps for Living Who God Created You to Be

Going Back to the Basics

- Thoughts - think about what you think about.
- **Feelings – pay attention to your buttons and your cravings (your highs and lows)**



Steps for Living Who God Created You to Be

Going Back to the Basics

- Thoughts - think about what you think about.
- Feelings – pay attention to your buttons and your cravings
- **Beliefs – spend the time *doing* what you believe**



Steps for Living Who God Created You to Be

Going Back to the Basics

- Thoughts - think about what you think about.
- Feelings – pay attention to your buttons and your cravings.
- Beliefs – spend the time *doing* what you believe.
- **Behaviors – practice intentionality.**



So what is next for you?

What's your next step?



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Our prayer for you

That you may know the deep and unending love of God and you may be empowered to love others as you allow God to love you.



Our prayer for you

Never let the world around you drown out God's word about you.



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Our prayer for you

Never let the world around you drown out God's word about you.

You have purpose. (Rom 8)

You are His workmanship. (Eph 2)

You are redeemed. (Col 1)



Our prayer for you

Never let the world around you drown out God's word about you.

You are accepted. (John 3)

You are chosen. (Eph 1)

You are free. (Rom 8)



Our prayer for you

The Creator of the universe
knows your name.
Go in strength. (Phil 4)



Recommended Resources

Our top resources on this topic

- Spiritual Practices for the Brain Kernion
- Try Softer Kolber
- Emotionally Healthy Leader Scazzero



Tell Us Your Thoughts on Today's Information



Answer 2 simple questions



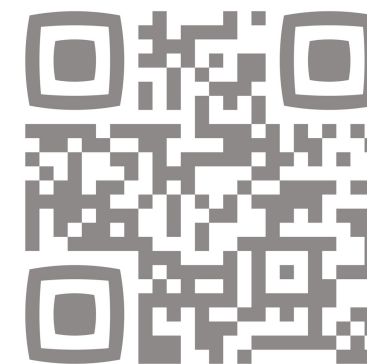
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