



Pause & Find Strength

News Blurb from Selah Empowers

Vol. 2 Issue 6

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Need a Stress Reliever??



Kristi Henderson
Trauma-Informed Yoga
Instructor

Selah is excited to announce it will be holding a women's-only **Yoga Class** on March 15th that will focus on releasing trauma from our minds and bodies. We will be experiencing **chair yoga** which can be less physically demanding but still a great workout and will be led by Kristi Henderson, certified trauma yoga instructor!

Trauma-informed yoga is practiced in a safe space where you and your boundaries are respected. Kristi will help us learn how to control and manage what our bodies and minds are going through and as you combine movement and breath, build back those mind/body connections. Join us and find new ways to improve your overall health! Feel free to invite someone you may know who struggles to release the stress from trauma, whether emotional, physical, or psychological. So put on some comfy clothes, grab a water bottle and come on out for a new and fun experience!

Date: March 15, 2023

Please RSVP for class and child care. Send RSVP's to shirleyr@selah-empowers.org by Monday, 3/13/2023.

Time: 7 - 8:30 pm

**Location: HomFlats 28 West,
1401 Prairie Pkwy SW, Wyoming, MI 49509**
(Community Room is just a few doors down from the leasing office.)

Link to map:



Is Self-Care Selfish?

Sometimes we're busy and we feel selfish, guilty and fearful when we take time or resources just for ourselves. God never asks us to do it all. Rather he tells us to be a good steward of our resources. All of us only have four resources at our disposal. Our time, talents, energy, and money. How we choose to allocate these resources not only impacts us, but also those we love.

It's not surprising that we feel like a taut rubber band ready to snap. We collapse under the stress of trying to do more than we have the resources to handle.

Ask yourself: Do you budget your resources according to your values and priorities and your family's needs, or do you use up your resources in order to live up to other's expectations or gain their approval?"

If you are feeling stressed and exhausted from trying to maintain an unhealthy relationship that you're wondering is actually abusive, please **reach out to Selah Empowers at 616-510-6305 or at selah.empowers@gmail.com**.

(Paraphrased from <https://leslievernick.com/pdfs/Caring-for-Yourself-Isnt-Selfish.pdf>)

"Trauma creates change you don't choose. Healing is about creating change you do choose."

— Michelle Rosenthal



Upcoming Events and Classes

LEVEL ONE—JOURNEY TO UNDERSTANDING

These classes will help bring clarity and validation to what you are experiencing.

Online Only: 10—11:30 am, Wednesdays

Online and In-person: 7-8:30 pm, Wednesdays

Please email selah.empowers@gmail.com for access to online line for this class.

- February 8: Effects of Trauma on Children’s Brains
- February 15: Abuse and Faith Issues
- February 22: Self Esteem
- March 1: Lisa Dean, CDFA Financial Advisor, AM and PM
- March 8: Kendra Ortega, Family Law Attorney, PM Only (AM Class will have different topic)
- March 15: **Chair Yoga at HomFlats** See Pg. 1 for details

LEVEL TWO —STRENGTH FOR THE JOURNEY

These classes focus on finding the strength needed as you make decisions for your situation.

We continue to explore aspects of codependency and this week will be discussing **being whole** and identifying what areas we need to develop and take ownership of so they are not left void and open to someone else deciding for us what our hopes, dreams are and what our potential really is.

Online and In-person: 7-8:30 pm, the same dates as Level One.

Please email selah.empowers@gmail.com for access to online line for this class.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Elisabeth Richards

Evening Child Care Facilitator:

Greeters:



Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Meeting Location and More Info

selah.empowers@gmail.com

(616) 510-6305

selah-empowers.org



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SAFE LISTENERS PROMISE

- I WILL LISTEN TO UNDERSTAND
- I WILL KEEP WHAT YOU SHARE PRIVATE
- I WILL NOT MINIMIZE YOUR PAIN
- I WILL NOT COMPARE YOUR PAIN WITH MY OWN
- I WILL NOT GIVE QUICK SOLUTIONS
- I WILL LISTEN AGAIN WHEN YOU WANT TO SHARE MORE

Group Agreement: We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

Childcare: Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine too.

Safe Environment: We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

"I realize now I am a survivor. I am a stronger woman for opening my eyes and stepping away from someone who didn't respect themselves and would never respect me." — **Lori**