

Coping Skills for Dealing with Times of Transition and Stress

Rest, Renew & Restore Wellness Day

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- Thank you!
- God Bless you!
- You are all amazing!

Living with Christ Prayer of the Day

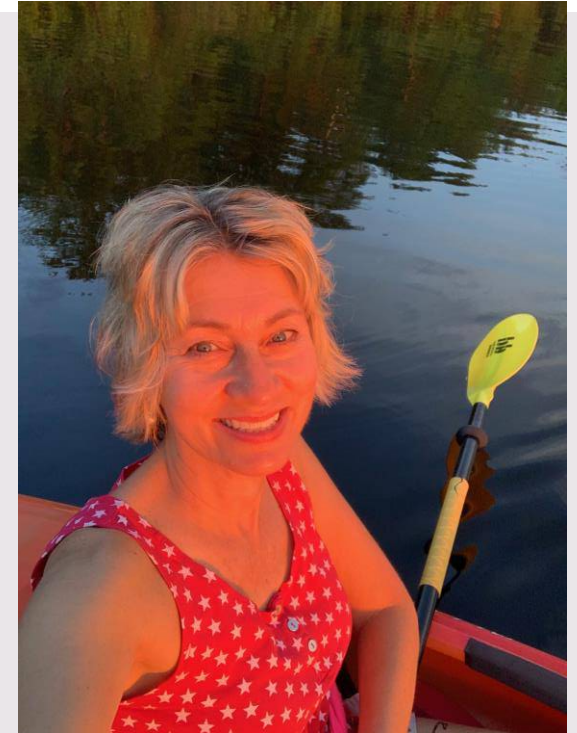
- Jesus, I thank you for your love so strong.
- May that love flow through me to others.
- May I be patient when change comes slowly.
- May I be kind when life seems harsh.
- May I be gentle when others feel bruised.
- May I be humble when things go well.
- May I be peaceful when anger rises within.
- May I forgive when wronged.
- May I rejoice when the truth is discovered.
- Love never fails, but I do.
- May I hope when things seem hopeless.
- May I persevere when the way is hard. Amen

-Dr. Roger Hurding



A little about me

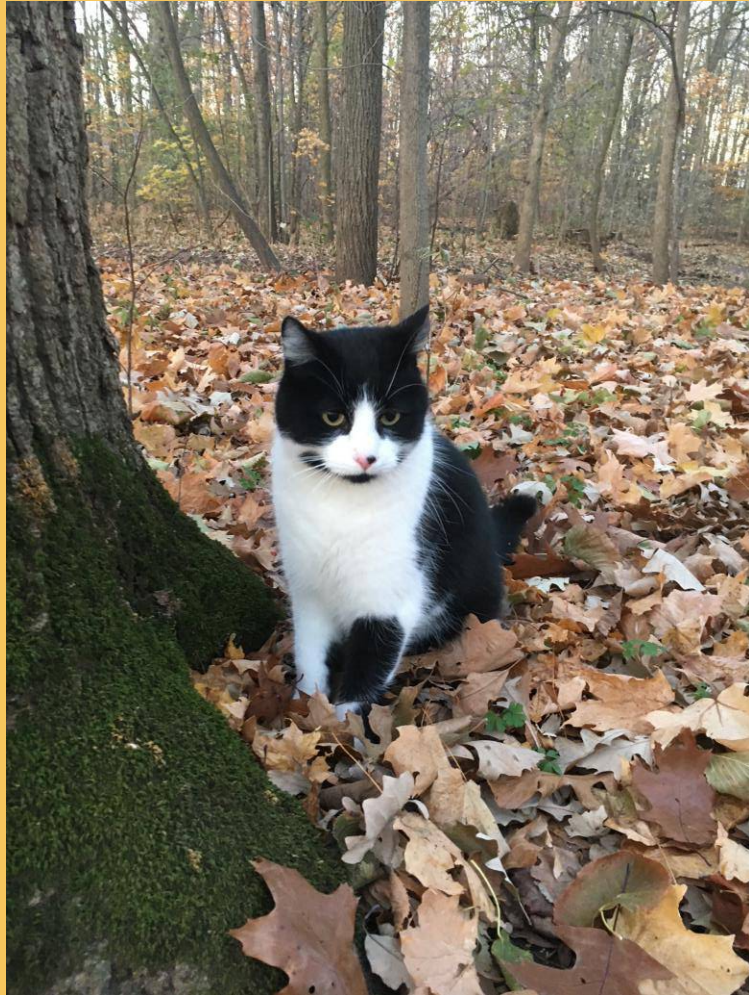
- Born and raised in Wrightstown, WI
- Mother of 3 daughters
- Outgoing, energetic, and kindness seeker
- Passionate about helping others
- In my free time, enjoy the outdoors – biking, walking, and kayaking
- Could live on chocolate and pizza
- Favorite Saint – Blessed Holy Mother



Faith, Family, and Friends



And the rest of the family...



A little about my professional & faith journey

- Majority of career in the energy industry
 - Communications, Marketing, Community Relations, Charitable Giving, Nonprofit consultant
- Nonprofit leadership
 - Girl leadership organization
- What's led me here
- What other's would say about me
 - Relationship builder, transparent, collaborator, nice
- Area's I'm working on
 - Focus, Listening, Financial acumen



“Don’t get caught up comparing someone else’s purpose with your own. Focus on YOUR path and helping those you meet along the way”

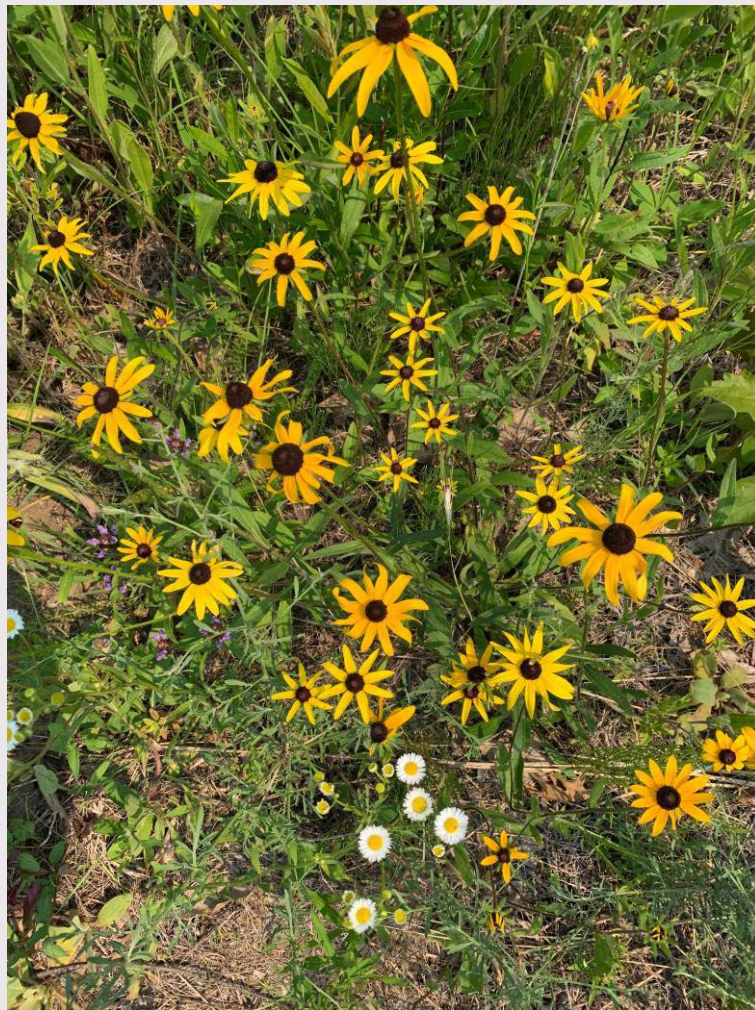
– Jon Gordon


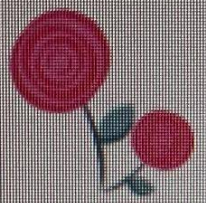
Through God's eyes....

- We see failure. God sees who we are becoming.
- We see mistake. God sees growth opportunity.
- We see where we are now. God sees where we are going.
- Trust!

Take time to smell the flowers

PAUSE, PRAY, PLAN





Bible Verses for *Stress Relief*

Romans 12:2

James 1:2-4

John 14:27

Romans 16:20

Proverbs 16:3

Romans 8:6

Matthew 11:28-30

Psalms 55:22

Isaiah 40:31

Psalms 16:8

Colossians 3:15

1 Peter 5:6-8

Psalms 56:3

Romans 8:38-39

Ephesians 5:15-17

1 Corinthians 3:11

Luke 21:19

Psalms 118:5-6

Psalms 94:19

Psalms 37:5

Philippians 4:6-7

Romans 8:28

Psalms 119:143

1 Corinthians 16:13

2 Thess. 3:16

Psalms 55:22

Proverbs 12:25

Psalms 23:4

Hebrews 13:5-6

Isaiah 41:10



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Intentional Reset

- Slow down.
- Treat yourself.
- Music, outdoors...
- What works for you?
- When you are able to be present with yourself, it's easier to be present with others"
 - Laurie Crawford



More Tips for Coping with Stress

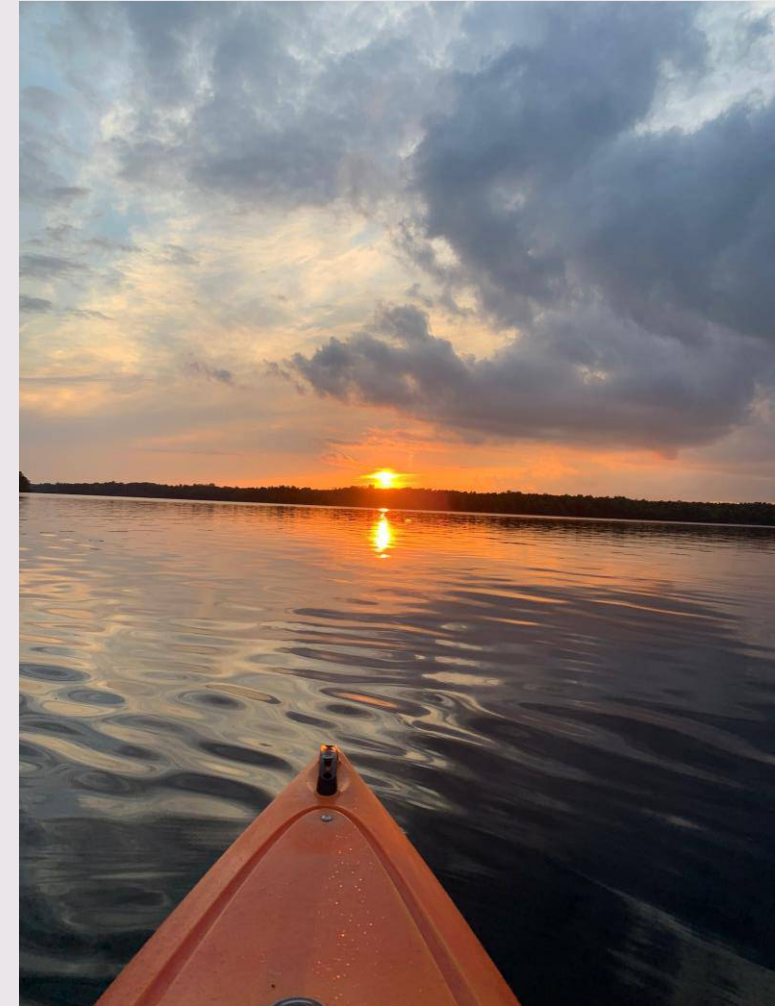
- Re-balance Work and Home
- Build in Regular Exercise
- Eat Well and Limit Alcohol and Stimulants
- Connect with Supportive People
- Carve out Hobby Time
- Sleep Enough
- Bond with Your Pet



My One Word – Present



- The Power of One Word
– by Jon Gordon
- It can change your life!
- Try it!
- Do it!




“The dream is the journey and the journey is your dream. In all this, Love, serve, and Care”



- **Renew**
- Lord, hear our prayer!

Thank you & Questions



“Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.”

Matthew 25:40



Diocese of
Green Bay