

Small Steps to Wellness: Creating a Daily Routine

By Gabriella Boeger, Therapist Intern



In a society that promotes maximum amounts of work and productivity, it can be hard to find time or energy for taking care of ourselves. We all struggle at times to show ourselves love. It is important to remember our cup must be full before we can pour into the cups of others. One way to prioritize your health and wellness is to set aside time to check in with yourself each day.

Lasting anywhere from 10 - 30 minutes, a morning or nighttime routine will look different for each person depending on what he or she needs. The goal is having mindful awareness of the body, mind, and spirit. It is important to have awareness of each dimension of the self as they are strongly connected and influenced by one another. By dedicating even just 15 minutes a day for yourself, you are showing yourself that you are worthy of care. Feelings of worthi-

ness are foundational for building self-confidence and managing stress in healthy ways. Several of the activities listed below are applicable for both morning and nighttime routines.

Morning Routine:

Our minds are extra sensitive in the morning. Upon waking up, we get to choose what thoughts we will allow in. Establishing a routine of self-care first thing in the morning is a wonderful way to cleanse any negative energies from the night before and start fresh. Here are examples of morning routine activities:

- * When you wake up DO NOT check your phone, emails, texts, social media, etc. for the first hour you are awake.
- * Use the restroom, wash face, brush teeth.
- * Drink 16oz of water, add lemon to detox.

- * Journal
- * Make coffee/tea and sip it slowly
- * Watch the sunrise.
- * Stretch. Move your body to let go of stagnant energy.
- * Pray. Connect to God in whatever way you enjoy.
- * Meditate: Silent or guided meditations.
- * 5 Minutes of Deep Breathing.

Journaling reduces stress, improves your immune system, and boosts your mood.

Find ideas to guide your journaling time on page 3.

Nighttime Routine:

Phew, sometimes just surviving the day is all we feel we can do. When evening comes it is natural to want to tune out and turn off. Our bodies and minds are worn out and ready for rest. Creating a nighttime routine is a way to honor our hard work and let go of any unwanted energy we picked up throughout the day. Here are examples of nighttime routine activities:

- * Stretch. Move your body to release built up energy
- * Journal
- * Pray. Connect to God in whatever way you prefer.

- * Draw, paint, dance, express yourself without words.
- * Make yourself a healthy snack or drink to enjoy slowly and mindfully.
- * A Mindful Shower: Turn your shower into a moment of mindfulness. Notice how the water feels on your skin, the smell of your soaps, the sound of the water running. Lovingly wash over each body part and imagine stress being washed off of you.

Throughout your self-care routine, try to remain present and mindful. Soak in each minute of indulgence. Move slowly and take note of what is around you. Find ways to make your space feel peaceful – dim lights, candles, music, comfortable seating. Allow yourself to turn off all distractions and set boundaries when needed so you can make this time meaningful. This time should be free of judgment.

Self-care exists in a variety of forms. It is not always spending time loving yourself. Often times, self-care looks less appealing and involves discipline or making tough decisions because you know they are best for you. Self-care can be saying no to activities or events because you will feel better if you stay in to finish work that you have been putting off. The common factor in all self-care activities, the glamorous and the not so glamorous, is self-love.



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Our Mission

New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.

“There Is Indeed Help and Hope...”

By Corky DeBoer, Executive Director



In 1983, while in seminary, I picked up the book, “Help and Hope for the Alcoholic” written by the late Rev. Alexander C. DeJong, one of the founders of what was then called the Christian Care Center. He wrote: “I will never forget the April day when I finally telephoned for help. My doctor was a young physician who at one time had been one of my theology students. My physician said this:

‘Alex, at school you helped me understand just what it means to trust the Lord more than I ever knew before. Why don’t you try trusting him now?’

God used his words to shatter every defense I had so carefully built. No excuse remained. I had to submit to treatment and admit to my congregation that my problem was alcoholism. I needed their prayers. God blessed this decision. He used many people, many prayers to help me along the path to recovery. There is indeed help and hope for the alcoholic.”

Little did I know that three years later, I would be part of a church staff that benefited from this ministry, as we

had a “Family Outreach Team” to provide education and support to individuals impacted by alcoholism. I also could not have imagined that thirty-six years later (2019), I would be called to lead what is now New Leaf Resources. Clearly, God has been guiding me toward this ministry all along.

In my first four months, I have seen God at work through our therapists and office staff in bringing help and hope to those who struggle with addictions. I have also been amazed at how many children between the ages of 6-11 and adolescents in the 12-17 age group that our therapists see for anxiety, depression, and behavioral issues related to family stressors, bullying and other types of emotional, physical and sexual abuse.

Pick up any newspaper or magazine and you can read the heart-breaking effects that abuse at home and school inflicts on children and teens. I’m so thankful to be part of an organization that offers help to kids who have nowhere else to turn. My initial notions about the ministry that New Leaf provides have definitely been expanded since coming on board.

All of us at New Leaf appreciate your steadfast prayers and dedication so we can meet these critical client needs. Here are some specific ways that you can partner with us to provide ongoing counseling services for children, young people and adults of all ages.

1. Pray that God will send more Christian therapists to join our team, especially those who have a heart for children

and adolescents.

2. Funds (\$20,000-25,000) are needed to furnish three therapists’ offices and to fully equip our conference room in Crown Point.

3. Pray for our ministry team to be encouraged in the year ahead. In 2019 and in January 2020, our ministry team was impacted by a large number of transitions in both our office and therapy staff.

4. Additional funds are needed for our Marty Doot Client Assistance Fund. Each year, between \$125,000-\$150,000 is earmarked to pay for therapy services of those who do not have insurance or are unable to pay the portion that insurance does not cover.

With your continued prayer and financial support, it is my belief and hope that many more will be able to echo Rev. DeJong’s words:

“I needed their prayers...He used many people, many prayers to help me.....There is indeed help and hope.....”

I look forward to seeing you at our April 30 event. Feel free to email me (corky@newleafresources.org) or call me (708-895-7310, ext. 1012) if you’d like to meet with me and/or learn more about the work we do through this important ministry. Thank you for your prayers, your gifts and your participation in the work of New Leaf Resources.

New Leaf Resources Welcomes New Therapist

New Leaf Resources is excited to introduce its newest therapist, **Michaela Wheat, MS, MFTA.**

Michaela works in New Leaf's Crown Point and Wheatfield offices, with a variety of clients including children, families, couples, and individuals. Michaela's areas of interest include attachment issues, anxiety, depression, emotions, family transitions, familial stress, adjustment issues, self-esteem, grief/loss, spirituality, and relational issues.

Michaela comes to New Leaf with her Bachelor of Arts in Psychology and her Master of Science in

Marriage and Family Therapy from Lee University in Cleveland, Tennessee. She is a licensed Marriage and Family Therapist Associate and a certified facilitator of PREPARE/ENRICH.

In her free time, Michaela loves spending time with her close friends and family. She is heavily involved at her church and likes to volunteer in several ministries, including the youth group, "I Have Promise" mentorship program, Royal Family Kids Camp, and more. She also enjoys game nights, movies, hiking, and baking.

If you'd like to make an appointment with Michaela,

contact New Leaf Resources at (708) 895-7310. For more of Michaela's biography and experience, visit www.newleafresources.org.



What's New at New Leaf

New Leaf proudly welcomed several new members to its Board of Directors this year. **Jim Benes, Hal Brown, Judy Doot, and Marc Martinez** have all agreed to give of their time and expertise through participation in this governing Board.

New Leaf extends a huge thank you to its retiring Board members, **Mary Boonstra, Bev Lich, Lisa Doot-Abinoja, Liz Dorn, Gene Eenigenburg, and Tanya Harper.**

We also wish a fond farewell to New Leaf staff members **Chris Chariton, Diane Ramos, Shelby Smith, and Donna Southard.**

Journal Your Way to Better Health

Journaling can be a valuable mental health exercise. Not only can journaling help you keep track of your daily life, it can also help you see deal with problems and focus on the big picture.

The simple practice of putting personal thoughts down on paper is shown to help solve problems more effectively, reduce stress, clarify your thoughts and feelings, and help resolve disagreements with others.

How do you start? All you need is a piece of paper and a pencil! Gabriella Boeger, Therapist Intern at New Leaf Resources, suggests putting aside some time at the beginning and end of every day and write our your thoughts and feelings using the following writing prompts.

Morning Prompts:

- * Who or what are you especially grateful for today/this week?
- * What are you hoping to attract into your life today?
- * What are you hoping to release/let go of today?
- * How can you serve others today?
- * Body scan: reflect on your physical wellness, sleep, diet, exercise.
- * Free write for 10 minutes! What is on your heart/mind?
- * Write 10 positive affirmations about yourself

Nighttime Prompts:

- * Who or what are you especially grateful for today/this week?
- * How did you use your time today?
- * What mood are you in? What impacted you today? How did you react?
- * Body scan: how does your body feel? Where is there tension?
- * Free write for 10 minutes. What is on your heart and mind?
- * Write 10 positive affirmations about yourself

**Join us
at
Tiebel's
on April
30!**

**See back page
for details.**

 Find us on
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Save a tree

Would you prefer to get this publication via e-mail? Please let us know by sending us your e-mail address to lisa@newleafresources.org.



You're invited!



**Mark your calendar for
Thursday, April 30!**

This year's event, held at Teibel's restaurant in Schererville, Indiana, will include:

- **A delicious meal**
- **Testimonies of lives changed**
- **An opportunity to meet our new Executive Director, Rev. Corky DeBoer.**

Watch your mail for your personal invitation or RSVP today by emailing lisa@newleafresources.org

**Join us at
Teibel's on
April 30!**

New Leaf Resources is...

A **professional mental health agency** which provides counseling and consultation services to individuals, families, couples, children, churches, schools and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support and coaching.