

What to expect today

We're glad you're here! Have a cup of coffee or tea, get comfortable, then...

Some music—join in!

Welcome

Song—enjoy and sing along

Message—Care IQ Meets Mental Health

~ Greg Meyer

Offering—Thank You!

Songs & Closing

Care IQ Meets Mental Health

How is your mental health? The fact is everyone's is a work in progress. It varies according to your stress and experiences like every other aspect of your life. When the going gets particularly tough and someone's mental health prevents them from carrying on normally...special care is needed. Most of us aren't mental health professionals but that doesn't mean we don't have a role. Today we will explore where CareIQ meets Mental Health.



Also today...

Hey Kids! The Nest (6mo-2yrs), Thimble Town (preschool), Spinners (grades K-3), Weavers (grades 4-5), and The Fray (grades 6-8) are open today! These gatherings are designed specifically for kids to help them connect and grow. Try it! Kids are also welcome in the Commons... check out the kids table.

Coming Up...

Next Sunday, March 1: Care IQ—Practice When It's Easy

Verlyn Hemmen has dealt with people in crisis and struggling with their mental health for decades. He has the practice we each wish we had. He got it the hard way but you can practice when it's easy by joining us with Verlyn while we take on the sticky situations, try out stuff that might work, and talk about why it does or doesn't. Remember, having the right tools is one thing, getting practice using them is another. See you.



Take the IDI on March 21!

Fabric, we have a great opportunity... The Intercultural Development Inventory (I.D.I.) is a respected tool for helping individuals and organizations grow in hearing, accepting, embracing and adapting to the intercultural voices around us. Learn more at fabricmpls.com/idi.



Fabric Online Garage Sale

We are collecting items for the *Fabric Online Garage Sale* through March 8! This is an opportunity to do some early spring cleaning by finding a new home for quality items that are no longer being put to good use. All are welcome and encouraged to sell item(s) on their own and donate the proceeds. However, we formed a small team that can list, sell, package and ship for you if you are not comfortable doing that. Proceeds will provide more opportunities for Fabric to be enriched by guest speakers and guest musicians. Learn more about how to donate your items and more at fabricmpls.com/sale.





CareIQ is a toolbox of skills to learn and practice that enable care to flow between people at times of more than normal distress.

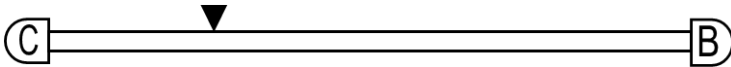
Everyone's mental health varies and needs strengthening and healing. *This is the norm.*

There is unnecessary STIGMA and SHAME for people with mental health challenges.

NAME it and ERASE it!

There are often LIFELONG ASPECTS to mental health challenges.

Balance COMPASSION and BOUNDARIES.



Empower someone by HANDING THE WEIGHT back to them. *Without abandoning them!*

Don't be afraid of SILENCE. (ALLOW it, don't FILL it.)

Silence > Breathing > More Silence > Listening > Ask Clean Q's > Ask Permission to Share Ideas

Dirty Questions: Right Answers, Reflect You, Convey Judgement, Discharge Your Discomfort

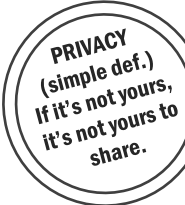
Clean Questions: No Right or Wrong, Reflect the Other, Seek to Understand from their POV,
Consider Mode of Communication (e.g. Identity, Emotional, Problem Solving)

Listening BUILDS trust. Advice-giving REQUIRES trust.

See the PERSON, not their MENTAL HEALTH.

- My mental health is not my defining feature.
- My mental health challenge doesn't explain everything I do.
- My mental health isn't the only thing I want to talk about.

Homework Practice—Consider a mental health related CareIQ situation you are in. With your ROLE in mind, where is the healthy balancing point between your care & your boundaries for now? Write about it. Share about it.



If you are new, welcome!
Thanks for being part of Fabric today. We'd love to meet you!
Find the table with the Question Mark. ?
We've got chocolate to share!

A reading to go with today's message:
Psalm 42

The Bible didn't have language for mental health challenges, but they obviously existed. Consider that this poem was written by someone dealing with depression and read it as validation of our struggles today that still have no easy answers.

Thank you for your donations in 2019!



Giving Letters were emailed on January 28. Didn't get one? Check your SPAM folder. If you would like a detailed statement, email katy@fabricmpls.com or call the office at (612) 822-0300. You helped make Fabric happen. Thank you!

Contact Us

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There is typically someone at the office during the following hours:

Mon 12 pm to 4 pm
Tues, Wed & Thurs 9 am to 4 pm