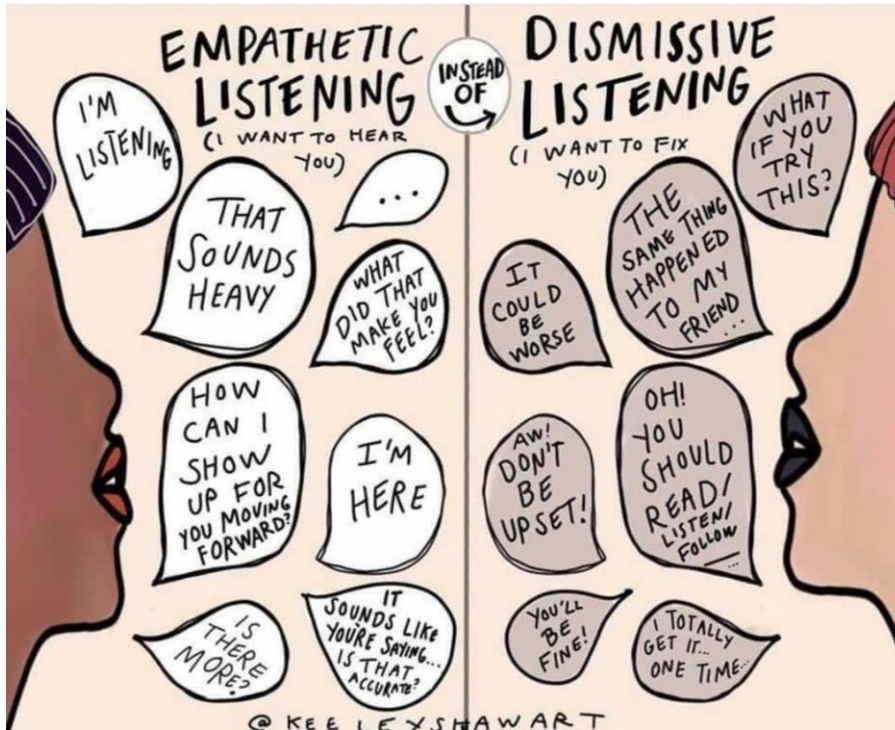


Recommended Books to Read: Atlas of the Heart by Brene Brown & Falling Upward by Richard Rohr

The Plowshare Song: <https://fb.watch/b3KyRGE-sc/>

Empathetic Listening vs. Dismissive Listening



Articles:

How Are You Feeling? <https://www.goodtherapy.org/blog/how-are-you-feeling-take-minute-halt-for-your-health-0515184>

How To Look After Your Mental Health: <https://www.mentalhealth.org.uk/publications/how-to-mental-health>

Mental Health Connect: <https://www.mhconnect.org/>

4100 Lyndale Ave S, Minneapolis, MN 55409 | Call or Text 612-642-1220 | Email navigator@mhconnect.org

Video For Children (and adults too): The Rabbit Listened | Virtual Read Aloud | Listening | Shon's Stories
<https://www.youtube.com/watch?v=rHPoj53dy8o>

Film For Families: Disney Pixar's Inside Out: <https://m.youtube.com/watch?v=nEUzQ7yL9A0>

For further questions contact Minister of Spiritual Care, Jody Slaughter: jslaughter@popmn.org