



Promoting mental wellness for every person

Daily Prayer

Prayer Intention: For those living with mental health challenges, including mental illnesses.

Loving Jesus, you walk with us along the valleys and peaks of life. Be near to those living with mental health challenges, including mental illnesses. May they hear the still, small voice of calm whisper through the silence, "You are loved. You are not alone."

Strengthen and sustain caregivers and others who accompany those living with mental health challenges, including mental illnesses. May the joy of your Resurrection offer lasting hope and healing, as we await the coming of your kingdom where you live and reign with the Father in the unity of the Holy Spirit, God for ever and ever. Amen.

Daily Activity for Families:

As a family, take time to check in on your individual mental health and share it with each other while practicing active listening. If you were to describe how you are feeling as a colour, what would it be and why? Recognizing that it's okay not to be okay, are you experiencing a season of flourishing or of languishing? Can you care for your mental health together today? Perhaps go for a walk, have a kitchen dance party, make a visit to a Eucharistic chapel, bake your favourite muffins, or take a holy nap!

Daily Activity for the Parish:

In your parish community, is there an opportunity to organize an outreach program or event to promote the wellbeing of every person? Wellbeing is about supporting the mental, physical, and spiritual health of persons and families. What are some creative ways your parish community can promote wellbeing? Some examples could include a time of Eucharistic Adoration followed by a time of hospitality and fellowship. For an example ministry, see more information below about *Sanctuary Mental Health Ministries*.

St. Edith Stein

Many saints have documented experiences of languishing mental health. Others have written of living with severe mental illness. St. Edith Stein shares that she experienced a period of suicidal ideation in her young life. The saint, known today as an extraordinary philosopher, devout Carmelite nun, and courageous martyr, tells of her struggle when "life seemed unbearable." For St. Edith, her journey of recovery included drawing close to the Saints as she sought accompaniment in her time of despair. Her personal struggle later propelled her to walk alongside others experiencing mental health challenges. She desired to extend empathy, particularly to those facing stigma. St. Edith, pray for us.

For more information on St. Edith Stein, read here:

www.bit.ly/StEdithStein



National
Family & Life Week
May 7-14, 2023 *Love one another*

Today's prayer intention and family activity was developed in collaboration with Sanctuary Mental Health Ministries, a ministry equipping the church to support mental health and wellbeing. Visit Sanctuary Mental Health Ministries here: www.sanctuarymentalhealth.org/catholics