



# Do I Have a Testimony to Share?

Episode 12  
with Miriam

## READ

- Galatians 6:2
- Hebrews 13:16
- Philippians 2:3-4
- Romans 12:13
- 2 Timothy 1:7

## REFLECT

- "The Road Back To You: An Enneagram Journey to Self-Discovery" (Book)
- Brene Brown - sympathy vs. empathy (watch on YouTube)
- Rewiring the Anxious Brain - Neuroplasticity and the Anxiety Cycle (on YouTube)
- Neuroplasticity by Sentis (on YouTube)

## REST

- Listen to Kristene Dimarco's album "Where His Light Was"
- Do things you enjoy - be in nature, listen to music, read a book, finish a puzzle, draw or paint, play a sport, anything!

## REACT

- Look into therapy or counseling
- Practice grounding
- Exercise and move your body
- Eat well
- Sleep 6-7 hours each night
- Foster consistent, intentional community

## A NOTE ABOUT THERAPY

- Check your health insurance - there is a behavior health section and they can help guide this search
- Ask around to your friends and family - don't be afraid!
- Look online - there's a growth in virtual counseling services