



November 3 is National Stress Awareness Day



Help manage stress with these free faith-based resources on [LookUpIndiana.org](https://www.lookupindiana.org)

Data from our recent Congregational Mental Wellness Survey indicates that 68 percent of people surveyed locally want help reducing the effects of stress from their lives. Did you know that prolonged stress left unchecked can have damaging effects on your physical, mental, and emotional health? In fact, periods of prolonged stress can lead to anxiety and depression, and can even exacerbate symptoms of anxiety and depression in those already living with these and other mental health conditions. That's why it is so important to learn and practice stress management skills for whole person wellness.

[LookUpIndiana.org](https://www.lookupindiana.org) has faith-based resources to help manage stress. For instance, the article [“7 Ways to Deal with Stress and Anxiety as a Christian”](#) contains some very practical ways to alleviate stress physically, mentally, and emotionally, including some faith practices which can help.

Pastors and church workers, you'll find free faith-based self-care resources specifically for you on [LookUpIndiana.org](https://www.lookupindiana.org). This includes tools to help you recognize and prevent compassion fatigue and

burnout, Bible studies for finding balance and perspective in ministry, and links to church worker self-care organizations. For example, check out this handy self-care tool, [“The Model for Healthy Living for Clergy: Self-Assessment, Reflection, and Goals.”](#)

Discover all of the self-care resources available on LookUpIndiana's “Church Resources” tab by [clicking here](#) and then selecting “Self-Care” in the pink menu bar.



The Thanksgiving, Christmas, and New Year’s holidays can be extra stressful. For those grieving a loved one’s death, the holiday season can be especially painful.

Two local congregations extend an invitation to join their “Surviving the Holidays” presentations by GriefShare. You’ll be welcomed by warm, caring people who understand what you are going through and who want to help. During the seminar, you will discover:

- How to deal with the many emotions you’ll face during the holidays
- What to do about traditions and other coming changes
- Helpful tips for surviving social events
- How to discover hope for your future

[Receive comfort and encouragement at these “Surviving the Holidays” events:](#)

Nov. 9, 6:30-8:30 pm at The Chapel, 2505 W. Hamilton Rd., Fort Wayne. [Click here](#) for more information or to register online.

Nov. 17, 7:00-8:30 pm at St. John Lutheran Church, 301 S. Oak St, Kendallville, IN Enter through doors 3 or 4. There is a \$5.00 fee for the workbook. To register, call (260) 347-2158 or email pwendt@stjohneagles.org

Dec. 5, 6:00-8:30 pm at St. John Lutheran Church, 301 S. Oak St, Kendallville, IN Enter through doors 3 or 4. There is a \$5.00 fee for the workbook. To register, call (260) 347-2158 or email pwendt@stjohneagles.org



2002 & 2005 - Indiana University School of Medicine, Fort Wayne

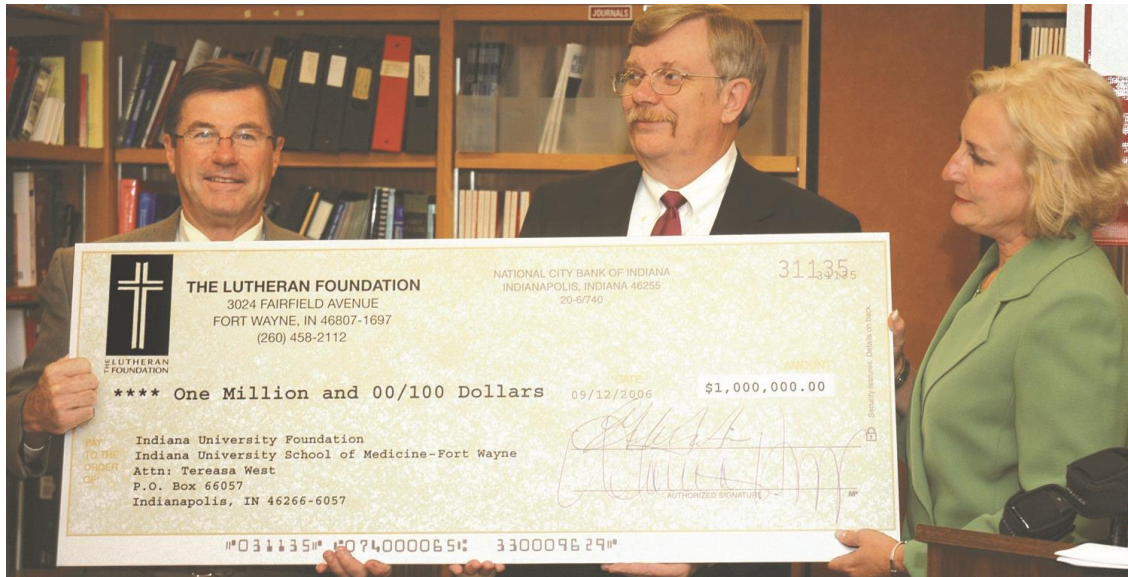
From the beginning, improving public health has been at the heart of The Lutheran Foundation's mission. The legacy lives on with our IU partnership.

In 2002, TLF provided Indiana University School of Medicine – Fort Wayne with \$2 million to fund the creation of the [Northern Indiana Cardiovascular Research and Education Center](#). The grant enabled IUSM to recruit a top scientist to direct research, as well as hire other researchers and technicians and purchase needed equipment.

TLF approved an additional \$1 million grant in 2005 to establish a permanent fund that would endow a Senior Professorship of Cardiovascular Research. That made TLF the first area foundation to endow a faculty position at the Fort Wayne IUSM campus.

“The Lutheran Foundation is leading by example,” said Dr. Craig Brater, M.D., dean of the IU School of Medicine. “We simply could not hope to accomplish our shared goals without such meaningful partnerships.”

[Click here](#) to learn about this and more stories of TLF's 25 years of impact!



Calling local nursing, medical, dental, and health sciences students -

TLF is now accepting Health Professions Scholarship applications

With costs for higher education rising each year, scholarships become a critical component for funding a student's college education. That's why The Lutheran Foundation (TLF) is

encouraging students to submit an application for the Health Professions Scholarship Program.

TLF has multiple scholarships (starting at \$1,000) to award to students pursuing degrees in nursing or other healthcare professions. This is a broad category that encompasses much more than nursing programs; for example, scholarships have been awarded to both undergraduate and graduate students in counseling, physical therapy, mental health, dental and medical programs.

Please forward this to local students who are pursuing healthcare degrees! Application deadline is February 1, 2022. [Click here](#) for full eligibility information and an application!

Investing in spiritual & mental health



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