

5th Edition

June 2024

Warrior Words



Warrior Braids Ministry Publication



June is Mental Health Awareness Month

June is Mental Health Awareness Month, a time dedicated to raising awareness about mental health issues, reducing stigma, and promoting the importance of mental well-being. It's a month to recognize the importance of mental health, support those who are struggling, and encourage conversations that lead to a more understanding and compassionate society.

By educating ourselves, supporting mental health organizations, practicing self-care, encouraging open dialogue, and advocating for change, we can contribute to a more understanding and supportive society. Let's use this month to make a positive impact on mental health awareness and support those who need it.



A quote from

Tina

“Mental health is a journey,
not a final destination. It's
about embracing each step
with compassion and
patience, knowing that every
moment of care makes a
difference”

Warrior Braids Ministry Outreach



The Warrior Room

A Christian based support group filled with **W**orship, **W**arrior **W**itness, Studying the **W**ord, and a **W**ay to meet others who live with Chronic Illnesses too. This will be provided both in person and online.
June 6th, July 3rd (instead of 4th), Aug 1st will be ONLINE ONLY at 7pm

Community Connection

Collaborating within the community through outreach and speaking engagements to provide a meaningful impact on the lives of those within our warrior family and beyond.

The Warrior Room Podcast

Messages of hope, inspiration, and encouragement, as well as lots of laughs, love, and learning to live life with your chronic illnesses, together.





Dealing with a chronic illness can be challenging, but there are several strategies that can help you manage it effectively:

Educate Yourself: Learn as much as you can about your condition. Understanding the symptoms, triggers, and treatment options can empower you to make informed decisions about your health.

Build a Support System: Surround yourself with supportive friends, family members, and healthcare professionals. Joining a support group for people with similar conditions can also provide valuable emotional support and practical advice.

Focus on Self-Care: Make self-care a priority. This includes getting enough rest, eating a healthy diet, exercising regularly (if your condition allows), and managing stress through relaxation techniques such as meditation or yoga. It's also important to follow your treatment plan and attend regular medical appointments.



"Cast all your anxiety on Him because He cares for you." – 1 Peter 5:7

June Calendar

June 6th- 7:00pm **JOIN US** for the Warrior Room Zoom Mtg
Check out the **Warrior Braids Ministry** Facebook page for the link.

June 8th- 11-4pm **JOIN US** at Brunswick Beer XChange (BBX)
113 Village Road in Leland

June 26th- 5:30pm **JOIN US** Ladies Lifestyle Network @ The
Vine (25 N. 3rd St)
Warrior Braids Ministry- Featured Non-profit

†
"Hold on to His Hem"



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WE ARE WARRIORS!