

Adults--Help with COVID-19

Coping with COVID-19

[Thriving in the Unknown](#)--a Video series in response to COVID-19. Transformation Counseling, and Dr. Melissa Golden (a recent NOBTS graduate) is hosting a series called "Thriving in the Unknown," a short, video-clip series to address emotional and mental well-being during these uncertain times. These videos will be made available weekly and will be posted at this link. Dr. Golden invites you to subscribe to their youtube.com channel and follow along as we navigate these uncertain times together!

Video 1: What We Are Learning: This video addresses three key lessons we are learning and three areas to keep assessing as we navigate these unusual times together: (1) looking upward, (2) looking inward, and (3) looking outward.

[How did Paul deal with an experience similar to COVID-19?](#)

Phil. 1:12-14; Philippians 2:25-30. (Dr. Kathy Steele)

As a Christian counselor, I have had a lot of thoughts across these weeks of the pandemic experience about how we can best deal with the stresses of the stay-at-home orders and all the anxiety it seems to bring. Philippians is one of my favorite books of the Bible, and I keep coming back to it as it seems to be a great example of a biblical hero dealing with something similar to what we are dealing with. These are just a few thoughts I have had in the last couple of weeks about Paul in prison and our experience of COVID-19. During the prison experience when Paul wrote the letter to the Church at Philippi, scholars believe he was imprisoned for at least three years.

[Everyone is Losing to COVID-19](#) by Christi Hagans ...Have you found yourself in a fog lately? I know I have. I've had mood swings and emotional roller coasters that remind me of the weeks after I had my baby last year. I've found myself trying to rationalize my emotions in an attempt to avoid facing them, and maybe you've found yourself doing the same thing. Why is this happening, you ask? (Read more by clicking the link)

[Jesus at Gethsemane: A Model for Dealing with Anxiety and Fear](#) by Tyler Stacy Over the last few weeks, our world has changed and there is an eerie, surreal feeling in the air. It's everywhere and it seems inescapable. Just go for a drive around town and observe the empty streets and see the restaurants with chairs on top of their tables. Notice the people at the grocery stores with masks on their faces and the empty shelves. Our way of life feels off and things seem uncertain. We all want to feel safe and

when our safety is threatened, several things typically happen: We lose perspective, our true values are revealed, and our lack of faith is exposed. We are confronted with hard questions like: Will I lose my job? How will I pay the bills? Am I infected? Have I infected someone else? Will I lose someone I love? Even deeper, are questions about our faith: Is God really who he says he is? How could God let this happen? Can I really trust Him? Anxiety and fear reveal so much about our character. When we feel fear and anxiety creeping in we are presented with an incredible opportunity for growth. (Read more by clicking the link)

[5 Small Ways You Can Support Each Other Every Day](#) Your spouse is probably one of the people you're spending the most time with right now, so the seemingly small ways in which you show up for each other during this time can make a huge difference. Here are five examples (Read more by clicking the link).