

Managing Difficult Days

When grief, loss or triggering events threaten to overwhelm us, these tips may help...



Meditate

Find your centre and bring your mood back into balance



Hug yourself

Either physically, mentally or spiritually. Give yourself compassion and kindness.



Borrow love

Spend some time in the presence of a loving relationship and let it wash over you, mindfully letting go of sadness.



Grieve

Remember your lost loved one. Allow yourself feel the sadness, pain or anger, and then, actively remember the love, lessons and gifts you received from them.



Endure

Feelings will come and go. Feelings exist separately from who we are. Keep breathing, and remember that this will pass.

The Difficult Days

Penny Burke, Suellen Shay



The Difficult Days:

Enduring Difficult Days with God Series Gwen Hester-Cohen, 2013-07-03 Have you ever found yourself in a place of isolation and wondered how did you get there Have you been disconnected from those you felt most connected to Enduring Difficult Days with God Intimacy in Isolation helps us understand how God loves us embraces us and shapes us in our isolated moments Intimacy in Isolation offers an opportunity to examine Gods faithfulness when we feel most alone Take time to examine these pages and be restored while experiencing your most isolated moment

Teaching Difficult Histories in Difficult Times Lauren McArthur Harris, Maia Sheppard, Sara A. Levy, Wayne Journell, 2022 The purpose of this book is to amplify the stories of practitioners who have critically examined and reflected on their successes and challenges when planning and or teaching histories that they have identified as difficult Representing a wide range of educational contexts in the United States and in other countries practitioners K 12 teachers and museum educators voices and classrooms are at the center of each chapter These stories provide readers with rare examples of how teachers plan for teach and reflect on difficult histories

Making Sense of Teaching in Difficult Times Penny Burke, Suellen Shay, 2017-10-02 Thinking about teaching in educational terms has become increasingly difficult because of the conceptions of higher education that predominate in both policy and public debate Framing the benefits of higher education simply as an economic good poses particular difficulties for making educational sense of teaching Moreover the assumptions about social mobility usefulness and the economic advantages of higher education upon which these conceptions are based can no longer be taken for granted The chapters in this book all wrestle with understandings of education and teaching experiences in changing global national and institutional contexts They explore questions of difference and privilege the social transformation of teaching through transforming teachers contestations of global citizenship and interculturality learning and sensibilities of self in the world the relationship between programme content and student decision making divergent conceptions of learning in international education and subject centred approaches to embodied teaching The book considers the value of disciplinary tools of analysis in addressing contextual challenges in developing societies connections between pedagogies autonomy and intercultural classrooms and ways of countering the marketization of higher education through online teaching communities This book was originally published as a special issue of Teaching in Higher Education

Helpful Reflections for Difficult Times Ed Keelen, 2019-01-01 Helpful Reflections for Difficult Times examines the emotional and spiritual impact our earthly trials have on our hearts and points us to a prayerful and contemplative walk with God Ed Keelen a cancer survivor channeled his physical distress that he experienced into daily reflections that explore the question Where is God when I suffer These reflections will lead you through steps of deeper communion with God through silent contemplation and prayer Helpful Reflections for Difficult Times is for anyone experiencing suffering and longing to know the unfathomable love of God The reflections focus on a specific Scripture each day and explore its meaning and application to a person s trial Not only do

they urge you toward a higher state of mind that strives to see God's bigger picture but also they encourage you through the mundane tasks of your everyday life. When we suffer it is easy to become overwhelmed by the enormity of our circumstances. Helpful Reflections for Difficult Times declares that God is still in control that God still loves you that God has a plan and a purpose for your sorrow and that God will bring joy to your life.

NKJV, Faithlife Illustrated Study Bible, Hardcover, Red Letter Edition John D. Barry, Douglas Mangum, Derek R. Brown, Michael S. Heiser, 2018-02-13

The world's most powerful Bible software brings you the most visually striking new study Bible. From the makers of Logos Bible Software the NKJV Faithlife Illustrated Study Bible's striking illustrations and comprehensive verse by verse insights will serve as a guide to help you understand and apply God's Word. With informative contributions by respected scholars and bestselling authors like Charles Stanley, Randy Alcorn and Ed Stetzer and over 100 innovative infographics this NIV study Bible brings the stories of Scripture to life and helps you to see events, places and people clearly. Features Complete text of the New King James Version NKJV. In depth book introductions that include an outline and information on authorship, background, structure, themes and a map, a timeline or both. Verse by verse study notes with the unique focus of revealing nuances from the original biblical languages for modern readers. Informative contributions by Charles Stanley, Randy Alcorn and Ed Stetzer among others. Over 100 innovative full color infographics, comprehensive timelines and informative tables to enrich Bible study. Three detailed life of Jesus event timelines chronicling his infancy and early ministry, the journey to Jerusalem and the passion and resurrection. 27 family trees and people diagrams illustrate the interconnectedness of key characters in Scripture. Helpful overview articles give a bird's eye view of the books of the Bible, noting the type of literature and key themes of each book. 14 original color maps at the back of the Bible provide historical and geographical context for key events of the Old and New Testaments. Words of Christ in red 9 point type size.

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