

NBP: Progress Not Perfection  
May 8, 2020

Then, the same day at evening, being the first *day* of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, “Peace *be* with you.” (John 20:19, NKJV).

### **Hello leaders all across San Diego County (and beyond!):**

Shadow Mountain Leaders continue to help hundreds of people stay relationally connected while learning more about God’s Word with our sermon-based Bible studies. Together, we (you and us) are working hard to make sure this ministry stays forward-thinking and vibrant. Great job leadership team!!!

### **[Handling Your Emotions in Times of Crisis](#)**

This week, in our Zoom LC, we discussed how to Handle Your Emotions in Times of Crisis. Below is the outline from that talk (Thanks Melissa Teasdale!):

- I. Definition: *Feeling your feelings without disrupting yourself, relationships or functioning* (Dr. John Townsend).
- II. Causes of Emotional Dysregulation
- III. Steps to Regulation
  - Express the feeling aloud
  - Let some time pass and stay engaged in life
  - Write it down
  - Determine the “why”
  - Solve what can be solved
  - Ask a safe person for Presence
  - Go to Quadrant 1. Let them know when you feel they “get you.”
  - Move to Q2, Q3 or Q4 with them.
  - Wash, rinse repeat
  - Preventative practice
  - Daily support, including processing, and structure
  -

### **[Book: Safe People](#)**

For those of you who would like to explore how to find a “safe person” who can help you hone your emotional regulation skills, check out [Safe People](#) by Drs. Henry Cloud and John Townsend.

### **[Zoom Leader Community Video Link](#)**

If you weren’t able to make the Zoom LC, here is the link to the recorded session (Thanks Rod Gray!):

<https://www.youtube.com/watch?v=XGhKSpI0VQE&feature=youtu.be>

### [NO Zoom Leader Community This Week](#)

We will be back in action **NEXT** week. See you then!

Monday, **May 18**, 6:30-7:30pm.

Join URL: <https://zoom.us/j/97032893856>

Password: 782913

Thursday, **May 21**, 1:00-2:00pm

Join URL: <https://zoom.us/j/91310083771>

Password: 398290

### **Sign Up for Weekly Small Group Texts?**

**Text "SGLEADERS" to 555888**

If you find a really helpful video, article or tip on how to use Zoom, feel free to send it to us and we'll work on sharing it here!

James 1:2 - **My brethren, count it all joy when you fall into various trials** (NKJV).

Lead well, **Pastor Dale, Bethany, and Melissa**