

Youth Update: March 29th, 2020

Hey Everyone!

It's been a while since we have seen each other, and I've missed hanging out with you all on Friday nights! I know life is uncertain and weird right now, but I still wanted to give you all the opportunity to enjoy Youth, even if we can't be together! Youth may look a little different, but hopefully I can create a program that works for everyone! For the reason, I've created a really quick, 3 question survey you can take to have some input into what Youth should look like while we are practising social distancing. I want to know what kind of resources would work best for you, and what topics you might like to learn about. Please follow the link here to fill out the survey: <https://www.surveymonkey.com/r/T8Y3HLM>

Also be sure to check out and follow our Youth Instagram page @olivetyouth. I'll post there and it's a great way to stay connected with you all!

In the meantime, I wanted to share a couple tips that I've been trying to practise while in self-isolation at home. I've found it difficult at times to remain positive and productive. Hopefully these can help you, like they've been helping me!

- Keeping a Journal: I don't always remember to write in a journal (mostly because I forget), but lately I've been keeping a journal. I don't write a lot, but it helps me to keep track of my feelings.
- Reading my Bible: this might seem obvious, but reading my bible has helped me to stay calm, and be connected to God. If you are looking for a place to start try one of the 4 Gospels, detailing Jesus' time on earth.
- Praying: Everyday I try and pray. It looks different day to day. Some days I have a lot to say, but other days, I just sit quietly and listen.
- Finding new hobbies and rediscovering old one: I've been drawing a lot more, playing board games with my family, and doing some baking! What are some new hobbies you could try?

I hope you are all staying happy and healthy. I miss you all and look forward to the time we'll get to hang out on a Friday night again! As always, if you have a question, concern, or just need someone to talk to feel free to reach out on Instagram @olivetyouth or through email youth@olivet.bc.ca.

Blessings,

Clare