



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A1: So many aspects of #COVID19 are traumatizing, whether we sense it or not. Breaks from news/media, starting/ending the day with a centering activity (e.g., prayer, yoga) and talking it out with others can help #MFPCHAT @ANAMFP



**SAMHSA MFP, ANA** @anamfp · May 28



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**DrCherylGiscombe** @CherylGiscombe · May 28

A1:



**DrCherylGiscombe** @CherylGiscombe · May 28

@ANAMFP meditation, journaling, psychotherapy, art-based reflective practices, honest self-reflection and conversations with loved ones. Self-awareness and compassion. [twitter.com/drmbmbrawner/st...](https://twitter.com/drmbmbrawner/status/123456789)



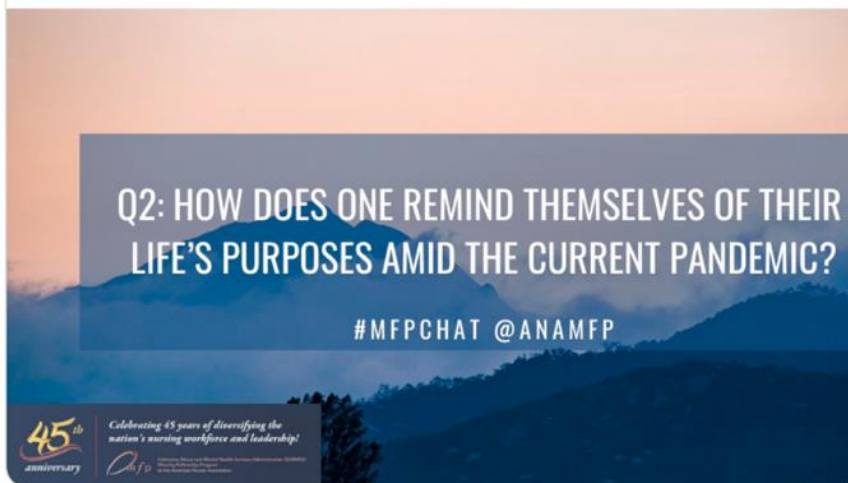


**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A2: Some of us feel drawn to a passion or area of work. [#COVID19](#) doesn't make that disappear, although it may slightly change. It can be helpful to revisit your "why" by writing down your passions--the things you are interested in seeing change in the world. [#MFPCHAT](#) @ANAMFP



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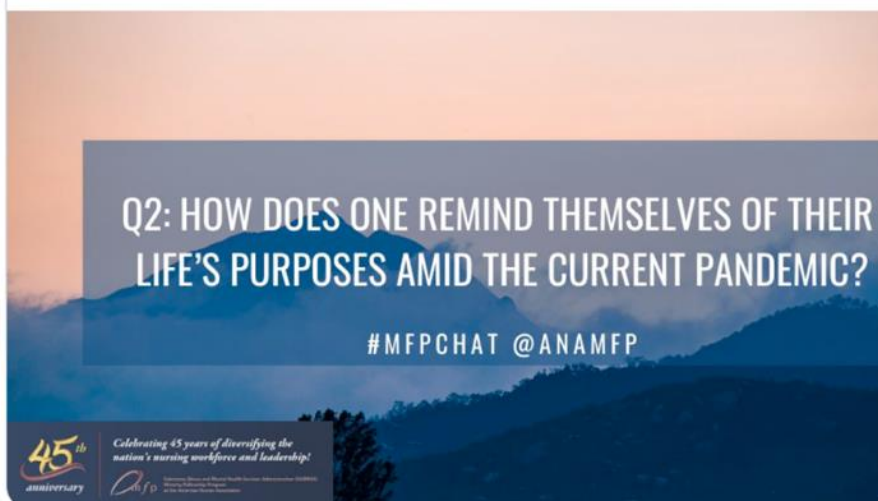


**DrCherylGiscombe** @CherylGiscombe · May 28

A2. MFPCHAT @ANAMFP Stay connected with purpose through meditation and prayer sitting nature walks, journaling, art, vision boarding, or gardening. Keep reminders of what you're made of, what you've overcome. Look at childhood photos, talk with parents and elders to stay grounded



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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A3: Life happens so fast we don't always check in with/scan our bodies to see how we're doing. Take time to notice the tension or uneasiness you feel, where you feel it, and events that came before/after [#MFPCHAT](#) [@ANAMFP](#)



**SAMHSA MFP, ANA** @anamfp · May 28

Q3: HOW CAN PEOPLE IDENTIFY THE TRIGGERS  
THAT MAKE THEM ANXIOUS ON ANY GIVEN DAY?

[#MFPCHAT](#) [@ANAMFP](#)







**DrCherylGiscombe** @CherylGiscombe · May 28

A3. MFPCHAT @ANAMFP Don't be guilty about self-care. You're a natural resource. Protect yourself as you would any natural resource. The world needs you and your brilliance. Self-care is a philanthropic form of service to others; it helps you to do and be your best.



**SAMHSA MFP, ANA** @anamfp · May 28



**SAMHSA MFP, ANA** @anamfp · May 28

"Don't be guilty about [#selfcare!](#)"  
[#mfpchat](#)



**DrCherylGiscombe** @CherylGiscombe · May 28

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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A3: You would be amazed how the body processes AND stores information. Ex: a microaggression or other incident over email can cause you to get a tension headache every time you check email. Processing the incident can help sever the mind-body tie to the event.

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**SAMHSA MFP, ANA** @anamfp · May 28

#MFPCHAT #mentalwellness during #COVID19





**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A4: One of the biggest challenges we've heard from fellows (and others) is uncertainty. A way to grow is seeing it as a reminder to differentiate things that are/are not in our control. We can work on the things we can control and release what we can't [#MFPCHAT](#) [@ANAMFP](#)



**SAMHSA MFP, ANA** @anamfp · May 28

[#MFPCHAT](#) [#mentalwellness](#) during [#COVID19](#)



**Shaquita Starks, PhD** @NurseDocStarks · May 28

Indeed I dread opening emails from some because I know I will feel drained afterwards from covert demoralization [#mfpchat](#)



**DrCherylGiscombe** @CherylGiscombe · May 28

Yes! Scanning the body and recognizing the signs are key!  
[twitter.com/drmbbrawner/st...](https://twitter.com/drmbbrawner/st...)







**FreidaOutlaw** @OutlawFreida · May 28



Body scanning is a very useful skill to develop#patience, awareness, focus#mfpchat



**Shaquita Starks, PhD** @NurseDocStarks · May 28

Indeed I dread opening emails from some because I know I will feel drained afterwards from covert demoralization #mfpchat  
twitter.com/CherylGiscombe...



**DrCherylGiscombe** @CherylGiscombe · May 28



**#MFPCHAT @ANAMFP** Morning rituals and intentions to shield ourselves from potentially hurtful experiences can help. Intentional breaks, calming music, and photos of supportive loved ones can also be healing.



**Shaquita Starks, PhD** @NurseDocStarks · May 28

Indeed I dread opening emails from some because I know I will feel drained afterwards from covert demoralization #mfpchat  
twitter.com/CherylGiscombe...





**DrCherylGiscombe** @CherylGiscombe · May 28

Q4 **#MFPCHAT** @ANAMFP Set CLEAR intentions to grow. Connect your life's mission to our COVID-19 situation. Try to get clear about your short and long term professional, personal, spiritual, and relationship goals. Identify books/biographies about growth. Vision boards can help.



**SAMHSA MFP, ANA** @anamfp · May 28

#MFPCHAT #mentalwellness during #COVID19



**SAMHSA MFP, ANA** @anamfp · May 28

"We can work on the things we can control and release what we can't."  
**#mfpchat** #mentalwellness



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

A4: One of the biggest challenges we've heard from fellows (and others) is uncertainty. A way to grow is seeing it as a reminder to differentiate things that are/are not in our control. We can work on the things we can control and release what we can't #MFPCHAT  
@ANAMFP [twitter.com/anamfp/status/...](https://twitter.com/anamfp/status/...)







**DrCherylGiscombe** @CherylGiscombe · May 28



Q4 #MFPCHAT @ANAMFP Be authentic about what you want and who you really are. Remember your ancestors and how far they've come to get you where you are now. Develop authentic relationships with mentors, therapists, spiritual leaders so you can serve yourself and stay healthy.



**DrCherylGiscombe** @CherylGiscombe · May 28

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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28



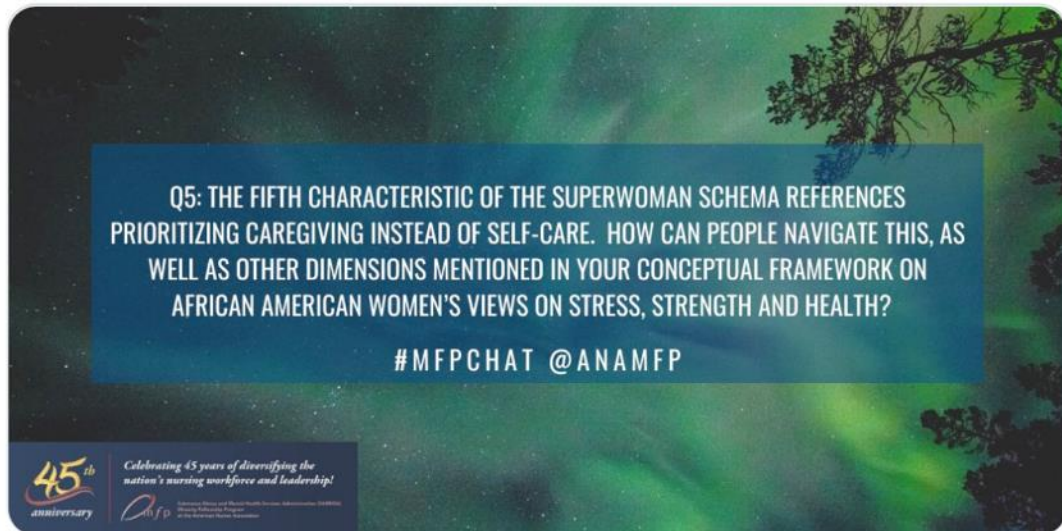
A4: We can also remember to be gracious w/ ourselves. We may not be as productive, motivated or clear-minded as we are accustomed to. And that is MORE than ok w/ everything going on i.e., #COVID19  
[#GeorgeFloydWasMurdered](#) [#JusticeforBreonnaTaylor](#) [#IRunwithAhmaud](#)  
[@anamfp](#) [#MFPCHAT](#)





**SAMHSA MFP, ANA** @anamfp · May 28

#SuperwomanSchema #MFPCHAT #stress #strength & #health



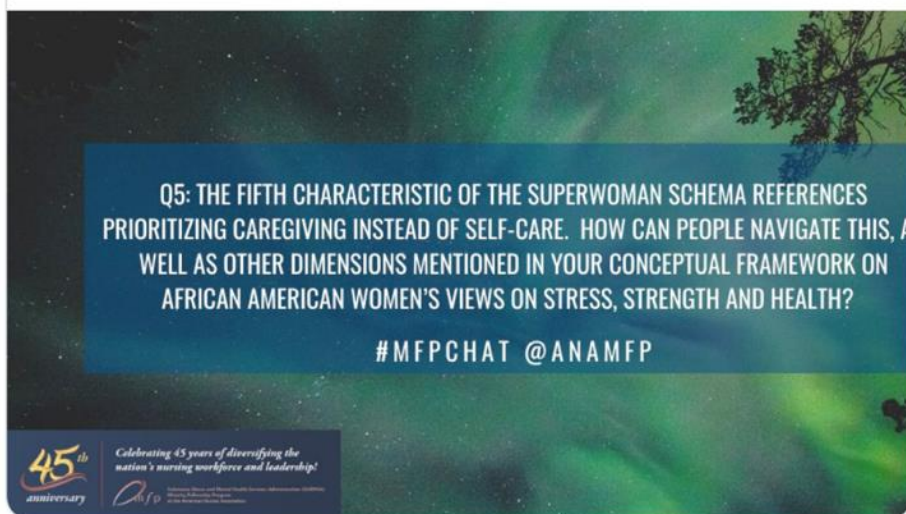
**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A5: Dr. @CherylGiscombe hit the nail on the head when she developed the #Superwoman #Schema. Many are particularly feeling the crunch caregiving during #COVID19 #MFPCHAT @ANAMFP



**SAMHSA MFP, ANA** @anamfp · May 28

#SuperwomanSchema #MFPCHAT #stress #strength & #health







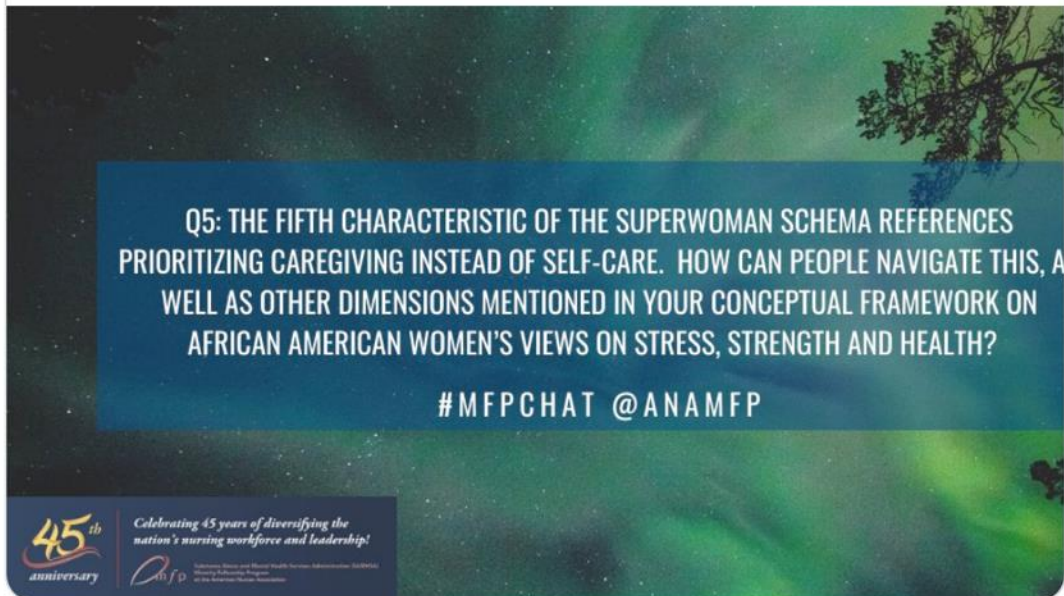
**DrCherylGiscombe** @CherylGiscombe · May 28

Q5 [#MFPCHAT](#) [@ANAMFP](#) It is important for us to learn how to care without carrying. Present moment awareness can help with this. Remember that your capacity to care is a gift. There's nothing wrong with caring, but know what is YOUR capacity and what is left up to a higher power.



**SAMHSA MFP, ANA** @anamfp · May 28

[#SuperwomanSchema](#) [#MFPCHAT](#) [#stress](#) [#strength](#) & [#health](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A5: Another important thing to remember is that as much as we sometimes feel wired to help others before ourselves, we are no good to/for anyone else when we are not well. Self-care is not selfish. Without it we cannot truly care for others b/c we are on "E".

[@anamfp](#) [#MFPCHAT](#)







**DrCherylGiscombe** @CherylGiscombe · May 28



@DrBMBrawner , Yes! Self-care is not selfishe. We must fill our tank to get to our purposeful destination. [#MFPCHAT](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

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@anamfp #MFPCHAT



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**DrCherylGiscombe** @CherylGiscombe · May 28



Q5 [#MFPCHAT](#) @ANAMFP SWS can be a double-edged sword. Self-awareness and prioritization of taking care of yourself as a natural resource is key. There is a time for caring and a time for caregiving. We must know the difference.



**DrCherylGiscombe** @CherylGiscombe · May 28

Q5 [#MFPCHAT](#) @ANAMFP It is important for us to learn how to care without carrying. Present moment awareness can help with this. Remember that your capacity to care is a gift. There's nothing wrong with caring, but know what is YOUR capacity and what is left up to a higher power. [twitter.com/anamfp/status/...](https://twitter.com/anamfp/status/...)



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**SAMHSA MFP, ANA** @anamfp · May 28

#MFPCHAT #wellnessexercises #mentalhealth



**SAMHSA MFP, ANA** @anamfp · May 28

"There's nothing wrong with caring, but know what is YOUR capacity and what is left up to a higher power."

- @CherylGiscombe

#MFPCHAT #selfcare





**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A6: Many cultures rely heavily on storytelling. Hearing how other people thrive, overcome, handle difficulty, etc. can be a motivating force for others to make it through [#MFPCHAT](#) @ANAMFP



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[#MFPCHAT](#) [#wellnessexercises](#) [#mentalhealth](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A6: Knowing the importance of narratives/storytelling in health and healing, it is also important that we share our stories with others to help them fight through their battles, or, even implement [#WellnessTips](#) we've found to be successful

[#MFPCHAT](#) @ANAMFP







**DrCherylGiscombe** @CherylGiscombe · May 28



q% **#MFPCHAT** @ANAMFP Yes, Dr. @DrBMBrawner! We stand on the shoulders of giants. Their lives provide a roadmap for resilience. We can do more than survive...we can survive. Most of all, we are not alone!



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28



This **#MFPCHAT** is a great start. How are YOU prioritizing **#mentalwellness** and **#health** these days?



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**DrCherylGiscombe** @CherylGiscombe · May 28

Q6 **#MFPCHAT** @ANAMFP I LOVE watching interviews and reading biographies of thought leaders, bold leaders who share my values and those who can help me to expand my perspective, live courageously, and help me to keep striving to be my best. like [@urbanmediamaven](#) Cathy Hughes



**SAMHSA MFP, ANA** @anamfp · May 28

**#MFPCHAT** #wellnessexercises #mentalhealth

Q6: HOW CAN ONE USE THE NARRATIVES OF OTHER'S IN THEIR OWN WELLNESS EXERCISES?

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2



4



**SAMHSA MFP, ANA** @anamfp · May 28

**#Trauma** **#racialdisparities** **#COVID19** **#MFPCHAT**

Q7: WHERE DOES GROUP TRAUMA INTERSECT WITH THE CURRENT REALITIES OF COVID-19 DISPARITIES AMONG ETHNIC/RACIAL MINORITY GROUPS?

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Minority Fellowship Program  
at the American Nurses Association



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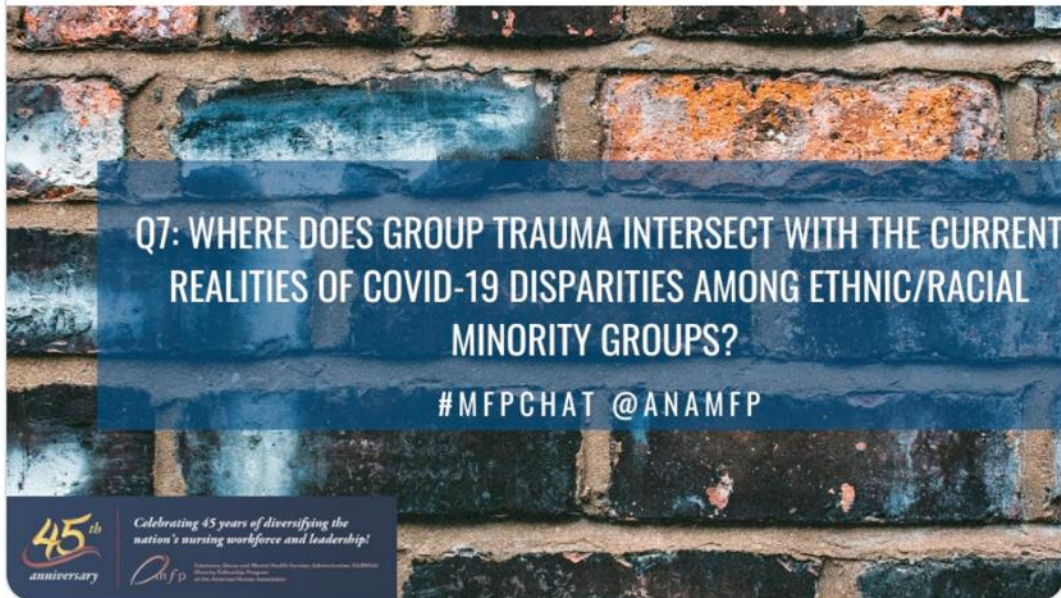
**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A7: Multiple areas- re-living of past traumas with the constant grief and loss, triggering nature of the rising death toll and frequent news reports, stigmatization of individual behavior. The list is LONG 🙄 #MFPCHAT @ANAMFP



**SAMHSA MFP, ANA** @anamfp · May 28

#Trauma #racialdisparities #COVID19 #MFPCHAT



**DrCherylGiscombe** @CherylGiscombe · May 28

A7: As a psychiatric nurse practitioner, I observed how group trauma, or collective trauma, can be overwhelming. In the same vain, one person's commitment to healing from trauma may break the chains of an entire generations, as well as generations to come. #MFPCHAT @ANAFMP



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A7: And the far reaching implications of group [#trauma](#) help shed light on how centuries old historical injustices STILL affect health outcomes today. [#Epigenetics](#) shows how it literally alters our DNA--even if we didn't experience firsthand. [#MFPCHAT](#) @ANAMFP



**DrCherylGiscombe** @CherylGiscombe · May 28

Q7 Group trauma/collective trauma also helps us understand how we may be so easily triggered. Yet, therapeutic practices, followed by intentional actions are essential; we can uncover the tools that previous generations dreamed of. [#MFPCHAT](#) @ANAMFP



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

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[#grouptrauma](#) [#mentalhealth](#) [#mfpchat](#)





**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

All hope is NOT lost with [#generational](#) or [#group](#) [#trauma](#) "one person's commitment to healing from trauma may break the chains of an entire generation, as well as generations to come." ~ Dr. [@CherylGiscombe](#)  
[#MFPCHAT](#) [@anamfp](#)



**FreidaOutlaw** @OutlawFreida · May 28

Breaking generational trauma transmission is certainly a principle of Trauma-Informed Care and Family Systems Therapy#Break the cycle#MFPCHAT@anamfp



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

All hope is NOT lost with [#generational](#) or [#group](#) [#trauma](#) "one person's commitment to healing from trauma may break the chains of an entire generation, as well as generations to come." ~ Dr. [@CherylGiscombe](#)  
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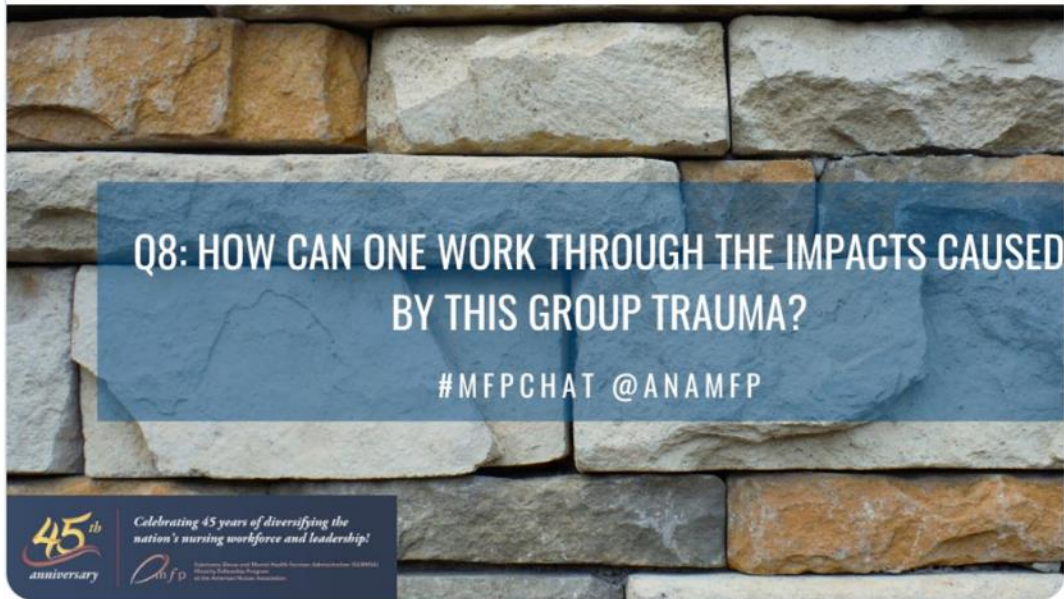
**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A8: Know that you are more than a number/statistic (whether [#COVID19](#) or any other issue). Challenge narratives that suggest disparities are tied to genetics or behavior without acknowledgement of broader social and structural inequities that drive the numbers [#MFPCHAT](#) [@ANAMFP](#)



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[#grouptrauma](#) [#mentalhealth](#) [#mfpchat](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A8: But, to my last point, you have to be WELL enough to advocate. While you are in the throws of group [#trauma](#), the focus needs to be on prioritizing your [#wellness](#) and [#selfcare](#). Time in nature, time with loved ones or anything else that feels restorative helps [@anamfp](#) [#MFPCHAT](#)







**DrCherylGiscombe** @CherylGiscombe · May 28

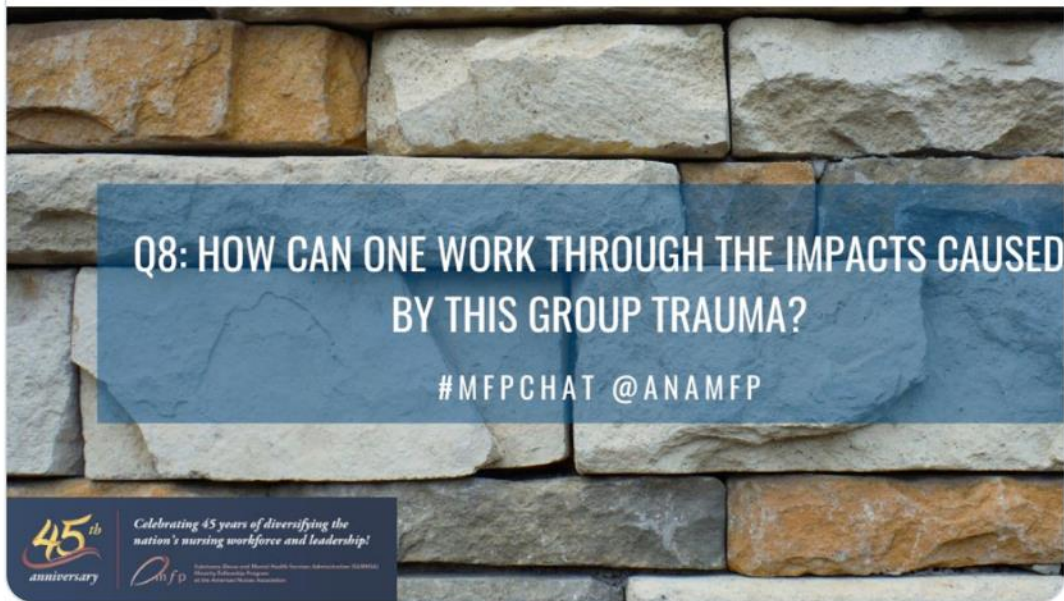
Q5 Studying history, reading literature, quiet contemplation, therapy, studying nature - all of these can help us understand how to find purpose in what appears to be chaos. Tapping into our deeper wisdom.

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[#grouptrauma](#) [#mentalhealth](#) [#mfpchat](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

Also, my default answer to all of our questions tonight is to also get connected with a licensed [#mentalhealth](#) [#provider](#). Instead of battling through on your own, give yourself the gift of a trained professional who can help you process and THRIVE through it all.

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**DrCherylGiscombe** @CherylGiscombe · May 28

Q8 For MFP Scholars, this is how we can stay inspired to develop and apply strong research skills. We can pursue expertise in policy change. We can purposefully engage in our scholarship, because there is no doubt that we are in need of a paradigm shift [#MFPCHAT](#) [@ANAMFP](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

A8: Know that you are more than a number/statistic (whether [#COVID19](#) or any other issue). Challenge narratives that suggest disparities are tied to genetics or behavior without acknowledgement of broader social and structural inequities that drive the numbers [#MFPCHAT](#) [@ANAMFP](#) [twitter.com/anamfp/status/...](https://twitter.com/anamfp/status/...)



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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

Replying to [@CherylGiscombe](#) and [@anamfp](#)

THIS!!!!!! Involvement in [#policy](#) is so KEY & often overlooked. But, that is where decisions are made and carried out. Unfortunately our voices are underrepresented in that area. I am confident our [@anamfp](#) fellows and [@anamfpalumni](#) are ready to lead the charge! [#MFPCHAT](#)



2



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**DrCherylGiscombe** @CherylGiscombe · May 28

A8: [@DrBMBrawner](#) Yes..one of my favorite quotes is "you can't pour from an empty vessel" [#MFPCHAT](#) [@ANAMFP](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

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**SAMHSA MFP, ANA** @anamfp · May 28  
[#mindfulness](#) [#academicstress](#) [#mfpchat](#)







**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A9: Deep breathing (in for 4, hold for 7, out for 8), daily affirmations ("I matter", "I am more than enough", "I am not my failures, or my successes"), no blue light at least 2 hrs before bed, eating at least 1 meal in silence periodically. A few to start [#MFPCHAT](#) [@ANAMFP](#)



**SAMHSA MFP, ANA** @anamfp · May 28

[#mindfulness](#) [#academicstress](#) [#mfpchat](#)

Q9: WHAT MINDFULNESS ACTIVITIES WOULD HELP MANAGE  
ACADEMIC STRESS CAUSED BY MOVE TO ONLINE LEARNING,  
REDUCED OR NO CLINICAL PLACEMENTS?

[#MFPCHAT](#) [@ANAMFP](#)



2



7





**DrCherylGiscombe** @CherylGiscombe · May 28

Q9: Mindfulness is one of my favorite approaches to resilience and self-care. A daily, morning meditation practice can put you in the right space to manage the transitions that we are all facing. Walking meditation, Mountain Meditation, Breathing Space [#MFPCHAT](#) [@ANAMFP](#)



**SAMHSA MFP, ANA** @anamfp · May 28

[#mindfulness](#) [#academicstress](#) [#mfpchat](#)

Q9: WHAT MINDFULNESS ACTIVITIES WOULD HELP MANAGE  
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[#MFPCHAT](#) [@ANAMFP](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A9: The key is to remember that our minds need REST. We are constantly stimulated all day long, and the rapid changes associated with [#COVID19](#) mean we're in hyperarousal mode. Treat yourself by slowing things down multiple times/week.

[@anamfp](#) [#MFPCHAT](#)





**DrCherylGiscombe** @CherylGiscombe · May 28



Q9: Meditation cuts across all cultural traditions and belief systems. Music, prayer, dance, cooking, knitting, gardening - these are all potentially helpful mindfulness/meditation practices. Present moment, nonjudgmental awareness - JKZ #MFPCHAT @ANAMFP



**DrCherylGiscombe** @CherylGiscombe · May 28

Q9: Mindfulness is one of my favorite approaches to resilience and self-care. A daily, morning meditation practice can put you in the right space to manage the transitions that we are all facing. Walking meditation, Mountain Meditation, Breathing Space #MFPCHAT @ANAMFP [twitter.com/anamfp/status/...](https://twitter.com/anamfp/status/...)



**DrCherylGiscombe** @CherylGiscombe · May 28



Q9: Rhythmic drumming or orchestral music, spoken word, or sitting on a pier and watching the sunset. All can enhance present moment awareness. We are often worried about the past or anxious about the future. In the present moment, there could be joy and richness. #MFPCHAT @ANAMFP



**DrCherylGiscombe** @CherylGiscombe · May 28

Q9: Meditation cuts across all cultural traditions and belief systems. Music, prayer, dance, cooking, knitting, gardening - these are all potentially helpful mindfulness/meditation practices. Present moment, nonjudgmental awareness - JKZ #MFPCHAT @ANAMFP [twitter.com/CherylGiscombe...](https://twitter.com/CherylGiscombe...)







**DrCherylGiscombe** @CherylGiscombe · May 28

Q9. Lovingkindness meditation can help us generate more compassion for ourselves, as well as others. Oftentimes, we are our own worst critics. We can learn to release guilt and self-judgment and replace them with grace, forgiveness, and gentleness [#MFPCHAT](#) @ANAFMP



**DrCherylGiscombe** @CherylGiscombe · May 28

Q9: Meditation cuts across all cultural traditions and belief systems. Music, prayer, dance, cooking, knitting, gardening - these are all potentially helpful mindfulness/meditation practices. Present moment, nonjudgmental awareness - JKZ [#MFPCHAT](#) @ANAMFP [twitter.com/CherylGiscombe...](https://twitter.com/CherylGiscombe...)



**FreidaOutlaw** @OutlawFreida · May 28

Thank you for reminding us that part of self-care is being in the moment#without judgement.MFPCHAT@ANAMFP



**DrCherylGiscombe** @CherylGiscombe · May 28

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**FreidaOutlaw** @OutlawFreida · May 28

[#Calm](#) the Mind, Calm the Body# Use the BreathMFPCHAT@ANAMFP



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

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**SAMHSA MFP, ANA** @anamfp · May 28

#Faith during #COVID19 #mfpchat



Q10: HOW DOES ONE MAINTAIN/STRENGTHEN THEIR FAITH IN  
THESE CHALLENGING TIMES?

#MFPCHAT @ANAMFP





**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A10: Challenging times test and shake our faith. But a tested faith is one that stands and remains true, no matter what obstacles enter your path. Anchor yourself in the truths of your beliefs, and see the rest as (temporary) noise [#MFPCHAT](#) [@ANAMFP](#)



**SAMHSA MFP, ANA** @anamfp · May 28

#Faith during #COVID19 #mfpchat

Q10: HOW DOES ONE MAINTAIN/STRENGTHEN THEIR FAITH IN THESE CHALLENGING TIMES?

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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A10: For me personally, as a Christian I believe that God is always w/ me, even in the most challenging situations, & FEELS the pain I feel. So no matter what I face I know that I am never alone & God is always w/ me, fighting on my behalf & working for my good [#MFPCHAT](#) [@ANAMFP](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

Replying to [@OutlawFreida](#)

Definitely Dr. [@OutlawFreida](#)! Just a few minutes to bring calm into the body makes a world of difference. [#MFPCHAT](#) [@anamfp](#)







**DrCherylGiscombe** @CherylGiscombe · May 28

Q10. As the elders say, our test can be our testimony to help others to know that survival is possible. We don't wish for these tests, but they are unavoidable. So we can reframe these experiences with faith and a growth mindset. [#MFPCHAT](#) @ANAMFP



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

A10: Challenging times test and shake our faith. But a tested faith is one that stands and remains true, no matter what obstacles enter your path. Anchor yourself in the truths of your beliefs, and see the rest as (temporary) noise [#MFPCHAT](#) @ANAMFP [twitter.com/anamfp/status/...](https://twitter.com/anamfp/status/...)



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**DrCherylGiscombe** @CherylGiscombe · May 28

@FreidaOutlaw, this is so true! You are a true inspiration! [#MFPCHAT](#) @ANAFP



**FreidaOutlaw** @OutlawFreida · May 28

#Calm the Mind, Calm the Body# Use the BreathMFPCHAT@ANAMFP [twitter.com/DrBMBrawner/st...](https://twitter.com/DrBMBrawner/st...)



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**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

Replying to @CherylGiscombe and @anamfp

Yes! And we don't have to minimize or spiritualize our pain to do this. Things can suck! We can feel emotional pain & be sad. The beauty of reframing is that after giving space to honor that experience, you can move beyond it to learn and grow from what happened [#MFPCHAT](#) @anamfp



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**DrCherylGiscombe** @CherylGiscombe · May 28

@DrBMBrawner, I totally agree. "Giving space to honor that experience" #MFPCHAT @anamfp



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

Replying to @CherylGiscombe and @anamfp

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**DrCherylGiscombe** @CherylGiscombe · May 28

@DrBMBrawner Amen and absolutely! We are never alone. Never ever! #MFPCHAT @ANAFMP



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

A10: For me personally, as a Christian I believe that God is always w/ me, even in the most challenging situations, & FEELS the pain I feel. So no matter what I face I know that I am never alone & God is always w/ me, fighting on my behalf & working for my good #MFPCHAT @ANAMFP



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBrawner · May 28

A10 note: We don't have to minimize or spiritualize our pain to have #faith. Things can suck! We can feel emotional pain & be sad. The beauty of reframing is that after giving space to honor feelings, you can move beyond it to learn and grow from what happened #MFPCHAT @anamfp





**SAMHSA MFP, ANA** @anamfp · May 28

"The beauty of reframing is that after giving space to honor that experience, you can move beyond it to learn and grow from what happened"

[#honorthatexperience](#) [#mentalhealth](#) [#mfpchat](#)



**Bridgette M. Brawner, PhD, MDiv, APRN** @DrBMBraw... · May 28

Replying to @CherylGiscombe and @anamfp

Yes! And we don't have to minimize or spiritualize our pain to do this. Things can suck! We can feel emotional pain & be sad. The beauty of reframing is that after giving space to honor that experience, you can move beyond it to learn and grow from what happened [#MFPCHAT](#) @anamfp



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**SAMHSA MFP, ANA** @anamfp · May 28

[#A10](#) concludes this evening's [#MFPCHAT](#)! A [#HUGE](#) thank you to [@CherylGiscombe](#) & [@DrBMBrawner](#) for taking the time to participate & provide such informative responses!

[#mentalhealth](#) [#Mindfulness](#) [#covid19](#)



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