

BREAKOUTS



SOUL CARE

1
BREAKOUT

Self-Care As Stewardship

STEPHANIE HUSK | *Be Still & Grow* | Salem, OR

Learn how to understand and manage your body's stress signals. Stress isn't all bad but when it turns into Dis-Stress, it can get in the way of your ministry. Discover practical ways to honor God by honoring the body that He gave you.

301

2
BREAKOUT

"Be Anxious for Nothing" But How? [REPEAT]

STEPHANIE HUSK | *Be Still & Grow* | Salem, OR

Learn how to tell the difference between anxiety and normal concern or worry. This workshop offers practical tools for quieting the racing thoughts and physical manifestations of anxiety so that you can get back to the ministry you love!

301

3
BREAKOUT

Healthy Habits and Rhythms for Refreshment

TREVOR BOWEN | *Life Community Nazarene Church* | Corvallis, OR

When we prioritize spiritual practices, God is faithful to restore and refresh our souls. From sabbath and scripture meditation, to silence, solitude, and life replenishment cycles... Let's chat together about rhythms and resources for soul care as leaders. "The generous will prosper; those who refresh others will themselves be refreshed." - Proverbs 11:25

301



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