



## **Welcome to the Hagar's Sisters Newsletter**

**May is Mental Health Awareness Month**, and we'd like to gently remind you of a simple truth: your mental and emotional well-being matters too.

So many of us spend our days carrying the weight of anxiety, grief, emotional exhaustion, fear, and stress while continuing to pour into everyone else around us. Over time, rest, support, and emotional well-being can slowly move to the bottom of the list.

But caring for ourselves is not weakness. It is not selfish. And it is not separate from healing.

In this month's newsletter, we're sharing gentle encouragement and practical ways to care for your mental and emotional well-being:

### **A Blog: Mental Health Awareness & Taking Time to Care for Yourself**

Earlier this year during Community Night, Dr. Jill Sieverts shared thoughtful and practical encouragement for navigating anxiety, grief, emotional exhaustion, and healing. This month's blog highlights some of those reflections along with a downloadable self-care exercise sheet.

### **Coping With Triggers**

Jenny, our Support Groups Manager, shares a few simple grounding techniques that can help during overwhelming or triggering moments.

### **Scripture Reflection**

A reflection on Matthew 11:28–30 and the invitation Jesus gives to weary hearts searching for rest.

As you read through this month's newsletter, our prayer is simple: that you are reminded your well-being matters too. And throughout the month, we invite you to follow along on our [social media](#) as Sisters share gentle mental health and self-care tips that have helped them during difficult seasons.

With care,

The Hagar's Sisters Team 



A Blog

### **Taking Time to Care for Yourself**

**During difficult seasons, mental and emotional health are often the first things we neglect.** When life feels overwhelming, survival can take priority over caring for our hearts and minds. We continue carrying stress, grief, anxiety, exhaustion, and responsibility while quietly pushing our own well-being further and further down the list.

**Yet caring for yourself is not weakness, and it is not selfish.** Rest, support, emotional healing, and caring for your mental well-being are all part of how we begin to heal. Small intentional steps like slowing down, reaching out for support,

journaling, praying, taking a walk, attending a support group, or simply allowing yourself space to breathe can make a meaningful difference.

Earlier this year during Community Night, Dr. Jill Sieverts, a licensed marriage and family therapist with a PhD in pastoral counseling, shared practical encouragement for navigating anxiety, grief, emotional exhaustion, and healing. Her reflections reminded us that caring for yourself mentally, emotionally, and spiritually is not something to feel guilty about. Even small acts of self-care can help gently protect your heart, mind, and soul during difficult seasons.

**To accompany this month's reflection, we also created a simple downloadable exercise sheet** you can work through at your own pace as you read.

Self Care Sheet: <https://hagarssisters.org/wp-content/uploads/2026/05/Self-Care-Sheet.pdf>

**Continue reading the full blog for practical tips and simple ways to care for your mental, emotional, and spiritual well-being during difficult seasons.** Click [\[HERE\]](#) to continue reading.

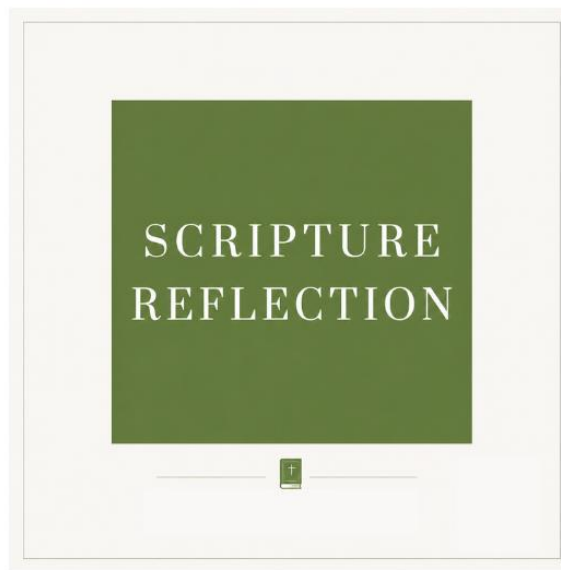


## Mental Health Awareness

### Coping with Triggers

Triggers can happen unexpectedly, especially during stressful seasons. In this short video, Jenny, our Support Groups Manager, shares a few practical ways to slow down, feel grounded, and care for yourself in difficult moments.

Click [[HERE](#)] to watch. 💜



### **This month, we're reflecting on Jesus' invitation in Matthew 11:28–30:**

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

**So often, you may feel pressure to keep pushing through exhaustion, stress, grief, or anxiety.** You may tell yourself that everyone else's needs come first, or that slowing down means you are failing somehow. But throughout Scripture, we see that God never asks you to ignore your well-being or carry endless burdens alone.

In fact, Jesus invites you to rest.

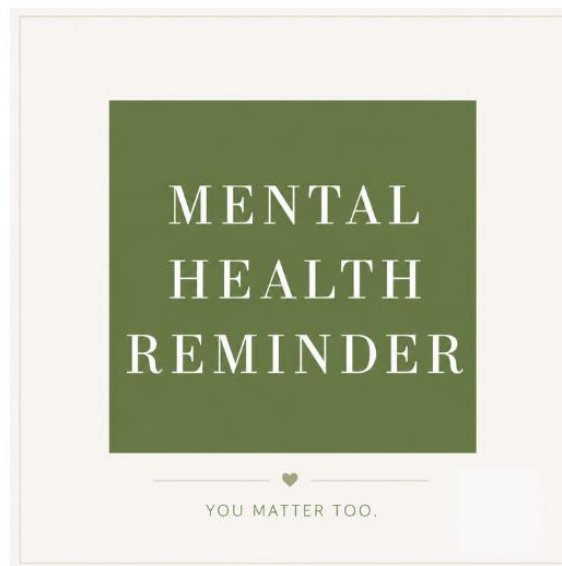
Not because you are weak, but because your heart, mind, and soul matter to him.

God cares deeply about the condition of your inner life. God created you with limits. God understands weariness. And God knows that healing often begins when you allow yourself to receive care instead of constantly surviving.

Sometimes that care looks like spending quiet time in God's presence. Sometimes it looks like reaching out to someone safe, attending a support group, speaking with a counselor, taking a walk, getting rest, or simply giving yourself permission to slow down and breathe.

These things are not selfish. They are part of caring for the life God entrusted to you.

As we reflected in this month's blog on mental health and healing, caring for yourself in small, intentional ways is not separate from faith. It can actually become part of how God gently restores your heart over time.



**While Hagar's Sisters offers support, encouragement, prayer, and community, professional mental health counseling is another important part of healing and**

**caring for yourself.** If you are walking through a difficult season, we encourage you to consider connecting with a licensed therapist or mental health professional.

If you need immediate mental health support, call or text 988 anytime for the Suicide & Crisis Lifeline. You can also search for therapists in your area through your insurance, [psychologytoday.com](https://www.psychologytoday.com), or other therapist search tools.

Thank you for being part of this community. We pray this month's reminders encourage you to slow down, care for yourself, and remember that your well-being matters too. 