

The background of the entire page is a vibrant, abstract graphic composed of numerous overlapping human profiles in various colors (red, orange, yellow, green, blue, purple, pink). The profiles are stylized with simple outlines and are arranged in a way that creates a sense of a diverse, interconnected community.

**Wellness Where You Are  
Online Series  
Faith & Managing Stress  
December 9, 2021 ♦ 6:00-7:30 pm**

# Welcome



**Cassandra C. Jackson, MA**  
Moderator



**Stacey Davidson**  
Senior Program Manager

# Housekeeping

- **Appreciate** your patience and flexibility as BACHAC navigates the virtual world
- **Be Mindful** we are recording for on-demand access.
- **Your privacy** is important - please note you can send Q & A questions anonymously
- **Submit questions** throughout the session using the Q & A function throughout the session.

# Housekeeping

- **Everyone is on mute** & yet we want community! Feel free to say hi in the chat!
- **Recording and slides** to be posted on BACHAC website
- At the end, you will **receive an evaluation** - please complete.

# What is BACHAC?

- A **25+** years grass roots community health organization
- Address **health disparities** in diverse communities across generations
- Through **awareness, education, access** to resources, **advocacy**
- In **partnership/collaboration** with a diverse groups
- Supporting a culture of **Equity, Innovation and Inclusion**

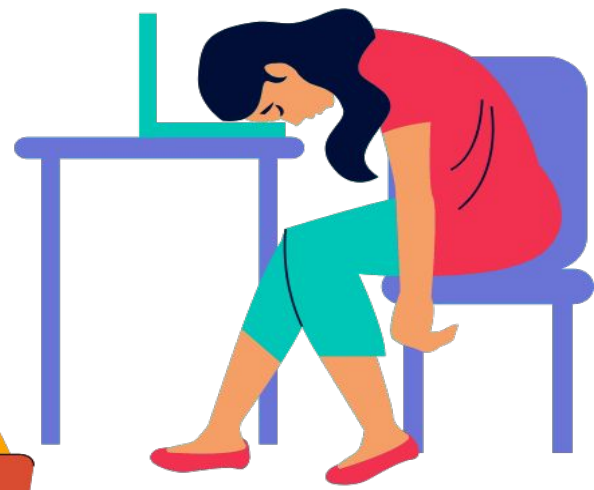
# Session Purpose

- Explore faith as a tool to promote healthy mental and emotional well being
- Learn tools and strategies to support your well being
- Learn about resources in the community
- These sessions are for educational purposes and not a substitute for professional advice and/or services



# Whose in the house?

**Poll Q1:** What county are you joining from?



# STRESS







# Rate your Stress

Poll Q2: How stressed are you?



[How Stress Are You - infographic](https://blog.hubspot.com/marketing/stress-level-flowchart)

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# How Stress Can Manifest In Your Well Being

## Acute

- May cause headaches
- Fatigue
- Difficulty Sleeping
- Difficulty Concentrating
- Upset Stomach
- Irritability

## Chronic

- Depression
- High Blood Pressure
- Heart Disease
- Heart Attack
- Ulcers
- Weight Loss/Gain
- Fertility Issues

# Introducing Our Panel



**Larry Santiago, MFT**  
Private Therapist



**Pastor Kaloma Smith**  
University AME Zion Church



**Rev. Dr. Sarai Crain-Pope**  
Pastoral Services & City of Oakland



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# Interactive Panel Discussion

# Q & A

Put your questions in the Q & A feature



# Resources

**24/7 Crisis Hotline** (650) 579-0350/(800) 273-TALK (8255)

Online Support: [www.sanmateocrisis.org](http://www.sanmateocrisis.org)

San Mateo County Health Department - **Are you looking for faith based organizations in San Mateo County that are inclusive of mental health?**

Visit [bitly.com/SMCSpirituality](http://bitly.com/SMCSpirituality) for our list of welcoming resources.

**CalHOPE** [www.calhope.org](http://www.calhope.org) Warm Line: (833) 317-HOPE (4673)

The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression—emotions triggered by the COVID-19 pandemic. They can link to faith based support groups.

**NAMI FaithNet** has collected descriptions of several spirituality/faith-related support groups. **Contact [namifaithnet@nami.org](mailto:namifaithnet@nami.org) or the NAMI Help Line at 703-524-7600** to find a faith based or non faith based support group.

**Reference:** [How Stress Are You - infographic](https://blog.hubspot.com/marketing/stress-level-flowchart)  
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# Upcoming Events

Saturday, December 18, 2021 10:00 am -1:00pm (PT)

Wellness Where You Are Online Series: TLC & the Caregiver

Saturday, January 29, 2022 10:00 am -12:00pm (PT)

Wellness Where You Are Online Series: Black in the Bay

Saturday, February 5, 2022 9:00am-12:30pm (PT)

Off to a Good Start: *an online annual physical activity & nutrition program*

Sign up  
for the Movement!

[www.bachac.org/soul-stroll-2021-22](http://www.bachac.org/soul-stroll-2021-22)



# ~Raffle!~

**Winner** will get your gift card via email.





**Thank you!**  
**Please complete your evaluation**  
**For more about BACHAC:**  
**[www.bachac.org](http://www.bachac.org)**