



# Mentoring the Whole Person

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# Benefits of Deep Breathing

**Calms the mind and reduces tension**

**Enhances our focus and concentration**

**Activates Parasympathetic Nervous System**



Tell me more...



Tell me more...





# Wherever You Go, There you are

## BIOLOGICAL

Genetics  
Physical Form

## PSYCHOLOGICAL

Personality  
Self-Awareness  
History  
Emotional Patterns

## ENVIRONMENTAL /SOCIAL FACTORS

Family/Childhood  
Culture & Society  
Life Experiences  
Relationships

## CORE QUALITIES

Free Will/Agency  
Moral Judgement  
Purpose

"Even though we are many individuals, Christ makes us one  
body and individuals who are connected to each other"

-Romans 12:5





# Mentoring Relationship Key Approaches



**Practice Active Listening**

**Validate Emotions**





**Model Self Care**

**Set Boundaries**

**Identify Warning Signs**



## Stress vs. Anxiety



<b>Stress</b>	<b>Both Stress and Anxiety</b>	<b>Anxiety</b>
<ul style="list-style-type: none"><li>•Generally is a response to an external cause, such as taking a big test or arguing with a friend.</li><li>•Goes away once the situation is resolved.</li><li>•Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.</li></ul>	<ul style="list-style-type: none"><li>•Both stress and anxiety can affect your mind and body. You may experience symptoms such as<ul style="list-style-type: none"><li>•Excessive worry</li><li>•Uneasiness</li><li>•Tension</li><li>•Headaches or body pain</li><li>•High blood pressure</li><li>•Loss of sleep</li></ul></li></ul>	<ul style="list-style-type: none"><li>•Generally is internal, meaning it's your reaction to stress.</li><li>•Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.</li><li>•Is constant, even if there is no immediate threat.</li></ul>



# Mentoring Relationship Supportive Actions

**Stay Consistent**

**Leverage Mentorship Structure**

**Encourage use of other supports**

**Contact Given team for support**





**As a mentor, you can offer the witness of your faith, the wealth of your knowledge and experience, prayerful support, and your desire to help with and advocate for your mentee's Action Plan.**



**Our prayer is that this relationship will lead you both to share more fully together life in Christ, providing fertile soil in which both of you will grow and flourish.**

**-Given Mentor Handbook**





Thank you!

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