

# Mission u 2020

## Requirements for Certification & Supplemental Resources for Adult Study *Finding Peace in an Anxious World*

Mission u establishes certification requirements to help prepare study leaders to lead this study. The requirements for study leader certification are listed in Section 1 and further supplemental resources are listed in Section 2, but are not required for certification.

### CERTIFICATION PROCESS

#### Section 1: Requirements for Certification

This section contains the certification requirements for becoming a Mission u study leader.

##### Central Text

- Finding Peace in an Anxious World***

##### Additional Reading

- The book of Proverbs.\* Because references from Proverbs are woven throughout the study as a resource for finding peace in the midst of anxiety, it will be beneficial to read the entire book of Proverbs. If you have time, approach reading the book as a devotional by reading it one chapter a day for a month.

\*Note: If you have not read Proverbs as a whole or are unfamiliar with or need a refresher on its structure and content, we recommend first listening to this podcast: [peteenns.com/how-proverbs-works/](http://peteenns.com/how-proverbs-works/) or watching this video on youtube: [youtube.com/watch?v=AzmYV8GNAIM](https://www.youtube.com/watch?v=AzmYV8GNAIM).

- The Gifts of Imperfection***, by Brene Brown

In a world where insults, criticisms and fears are spread too generously alongside messages of unrealistic beauty, attainment and expectation, this book speaks to the need to cultivate feelings of self-worth, as well as acceptance and love for ourselves by embracing our imperfections.

##### Podcast

- Listen to the Invisibilia podcast episode: “The Problem with the Solution”  
This 60-minute podcast explores what we can learn about dealing with the stigma of mental illness and anxiety from the Belgian town of Geel.  
[npr.org/sections/health-shots/2016/07/01/484083305/for-centuries-a-small-town-has-embraced-strangers-with-mental-illness](http://npr.org/sections/health-shots/2016/07/01/484083305/for-centuries-a-small-town-has-embraced-strangers-with-mental-illness).



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**Online Checklist:** Indicate the completion of the requirements above through the online certification checklist. [umwomen.wufoo.com/forms/m7ns4rh111l8t1/](http://umwomen.wufoo.com/forms/m7ns4rh111l8t1/)

**Orientation to Mission u Online Course:** Only for first-time study leaders (those who have not previously led a study in a conference Mission u). First-time study leaders will receive notice on how to access the course after registering for the Mission u training. Registration for Mission u training is scheduled to open in late January.

\*All requirements for certification listed above must be completed before the Mission u training event.

**Attendance at One Mission u Training Event:** Your Mission u dean will notify you when registration for training is available.

## Section 2: Supplemental Resources

The following resources are not required for the certification process; however, study leaders may find them useful as they prepare to lead the study.

### Videos

- This TED talk on anxiety:  
[ted.com/talks/olivia\\_remes\\_how\\_to\\_cope\\_with\\_anxiety?language=en](https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety?language=en)
- Or this TED talk on anxiety:  
[ted.com/talks/jordan\\_raskopoulos\\_how\\_i\\_live\\_with\\_high\\_functioning\\_anxiety](https://www.ted.com/talks/jordan_raskopoulos_how_i_live_with_high_functioning_anxiety)
- TED Talk with Nadine Burke Harris – In this TED Talk, Dr. Nadine Burke Harris talks about how childhood trauma affects health across a lifetime.  
[ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?)

### Books close up line space between Books and first bulleted listing

- “Introduction” to “The Book of Proverbs,” by Raymond C. Van Leeuwen in the *New Interpreters Bible* (pp. 19-30).
- *The Dance of Connection*, by Harriet Lerner. This book is about how to restore love and connection through challenging situations and circumstances with people who mean the most to us.
- *Not Alone*, by Monica Coleman. This book is a 40-day devotional written as a tool by an author who lives with depression to guide the readers back to faith through personal exploration and experiences of strength, hope, love and spirit.

- ***The Age of Overwhelm: Strategies for the Long Haul***, by Laura van Dernoot Lipsky. Whether we are overwhelmed by work or school; our families or communities; caretaking for others or ourselves; or engagement in social justice, environmental advocacy or civil service, this book offers concrete strategies to help us mitigate harm, cultivate our ability to be decent and equitable, and act with integrity.
- ***My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies***, by Resmaa Menakem. In this groundbreaking work, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans—our police.
- ***The Body Keeps the Score***, by Bessel van der Kolk  
In this book, the author uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.