



# UNDER HIS WINGS

SEASON 4

EPISODE 57 – When Service Changes a Life—with Autumn Stringam

## SHOW NOTE HIGHLIGHTS

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### Episode Show Notes

Autumn shares 3 vital solutions towards healing:

1. Solve Chemistry. Find what stabilizes hormones and moods, quells rage and supports healing.
2. Manage Trauma. Find what works for you to move through or shrink the effects of trauma.
3. Make Connections. Find purpose. Giving service can actually heal. Hope happens when you see that the world is stuffed full of good people...and you are one of them!



*Click on image for her book!*

See Meg's astonishing story of change through service. This video was shared at the Treasure Valley's Connection is the Cure Conference. <https://www.facebook.com/autumn.stringam/videos/1095684467890353>

For service ideas go to <https://www.justserve.org/>

...or download the Just Serve app from your app store!

For more information about our guest, visit her facebook page at <https://www.facebook.com/autumn.stringam>

Church News Story of Autumn's Daughter Meg Stringam Bjorklund:

<https://www.thechurchnews.com/living-faith/2023/2/12/23591586/teens-depression-anxiety-service-projects-protect-research>

Anthony Stephan, Autumn's dad. Hear his remarkable story here.

<https://www.truehope.com/about/the-truehope-story>

The medical supplement is called EMPower and the website is: <https://www.truehope.com/>

Autumn's dad discusses his journey

<https://fb.watch/joD2Y7hneZ/?mibextid=uc01c0>



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Research on service and depression:

<https://pubmed.ncbi.nlm.nih.gov/31926448/>

The research shows

1. Service promotes positive outcomes. Research suggests that teens who report high levels of service feel more grateful and more hopeful.
2. Service protects against negative outcomes. The research shows that service towards strangers protects young people from getting involved in problem behaviors.

Elder Bednar's Talk we reference:

<https://www.instagram.com/reel/CokdpV5pIOm/?igshid=YmMyMTA2M2Y=>

### Elder Scott: To Be Healed

If you are seeking for Healing of any kind; grief, physical or mental illness, whatever it might be, the adversary's strategy is to make you think you are unappreciated, unloved or not wanted so that you in despair will turn to self-criticism, "If you have such thoughts, break through those helpless feelings by reaching out in love to another in need. That may sound cruel and unfeeling when you long so much healing, but serving others will bring healing. <https://www.churchofjesuschrist.org/study/general-conference/1994/04/to-be-healed?lang=eng>