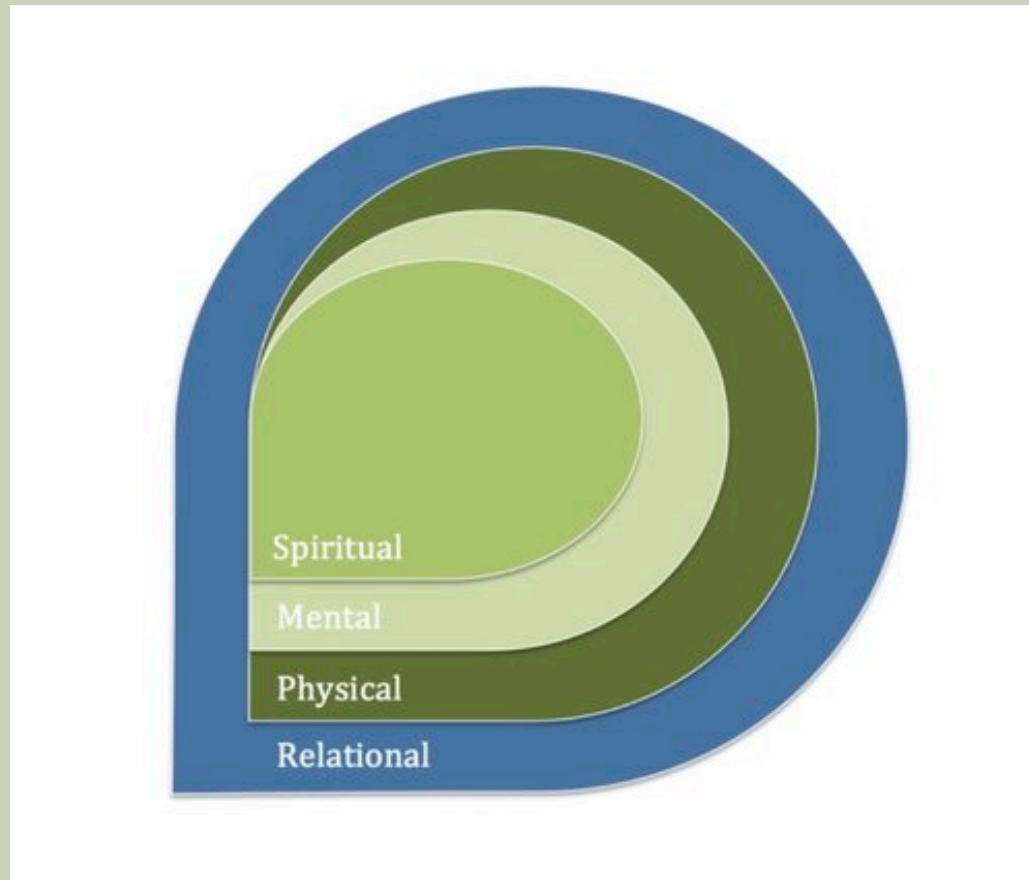


FEARFULLY & WONDERFULLY

The role of
mental health
in God's
Kingdom

PURSUING MENTAL WELLNESS



PURSUING MENTAL WELLNESS

■ SPIRITUAL

- Grow in Relationship with you Creator
 - II Peter 3:18; Isaiah 30:18
- Know your Identity
 - Romans 8:14
- Discover Hope
 - Lamentations 3:21-23
- Find your Purpose
 - I Peter 4:10

PURSUING MENTAL WELLNESS

- MENTAL/EMOTIONAL
 - Develop healthy thought patterns
 - Ephesians 4:22-24

PURSUING MENTAL WELLNESS

■ MENTAL/EMOTIONAL

- Develop healthy thought patterns
 - Ephesians 4:22-24

Positive Attribute/Skill	Discounting “But”	Add a refuting “But”
I can be kind.	I snapped at my kids last night.	I also watched “Paw Patrol” with them.

“The CBT Toolbox” (2013) Jeff Rigenbach

PURSUING MENTAL WELLNESS

■ MENTAL/EMOTIONAL

■ Recognize cycles & triggers

The first time I remember feeling _____ (belief)
was _____.

The people in my life that influenced me to feel that way were:

(family members) _____

(friends/peers) _____

(other significant people) _____

The experiences in my life that influenced me to feel that way were:

(early childhood) _____

(adolescence) _____

(early adulthood) _____

(current experiences) _____

PURSUING MENTAL WELLNESS

- MENTAL/EMOTIONAL
 - Develop healthy coping skills

Just because _____

doesn't mean _____.

PURSUING MENTAL WELLNESS

■ MENTAL/EMOTIONAL

- Develop healthy coping skills

Just because _____

doesn't mean _____.

The next time I catch myself wanting to _____
instead of _____,

I will: _____.

PURSUING MENTAL WELLNESS

■ MENTAL/EMOTIONAL

- Develop healthy coping skills

Just because _____

doesn't mean _____.

The next time I catch myself wanting to _____
instead of _____,

I will: _____.

When I feel _____

I can: _____.

PURSUING MENTAL WELLNESS

- **MENTAL/EMOTIONAL**
 - **Develop healthy coping skills**
 - **Mastery- Performance/Accomplishment**
 - **Pleasure- Joy/Peace**
 - **Meaning- Faith/Relationships**

PURSuing MENTAL WELLNESS

- MENTAL/EMOTIONAL
 - Develop healthy coping skills
 - Be willing to ask for help



PURSUING MENTAL WELLNESS

■ PHYSICAL

- Sleep Well
- Learn to Relax
- Eat Healthier
- Increase Activity
- Take Medication
 - II Kings 20:7; Isaiah 38:21

PURSUING MENTAL WELLNESS

■ RELATIONAL

- **Develop Healthy, Supportive Relationships**
 - Proverbs 27:6; Proverbs 27:9
- **Develop Effective Communication Skills**
 - Proverbs 12:18; Proverbs 17:27
- **Develop Health Conflict Resolution Skills**
 - Romans 12:18; James 1:19ff
- **Forgive**
 - Ephesians 4:32; I Peter 4:8
- **Learn to have FUN**
 - Ecclesiastes 5:18; Proverbs 17:22; Deuteronomy 24:5



THE ROLE OF THE CHURCH

MEETING MENTAL HEALTH NEEDS

C ollaborate

H elp with Practical Needs

U nleash Volunteers

R emove Stigma

C are & Support

H ope

COLOSSIANS 3:12-15

hope

