

All Things Mental Health & Faith As A Protective Factor

Strategies for wellness, resilience,
and transformation

Mental Health Ministry at MCBC

- Where we began
- What we have done
- What we have learned
- Where we are
- Where we are going

What is Mental Health?

- State of emotional, psychological, and social well-being
- Impacts how we think, feel, and act
- Balanced by coping strategies, support, and purpose

Barriers to Mental Wellness

Anxiety & Fear

Strategies:

- Deep breathing (4-7-8 method)

 - Breath Prayers

 - Meditation Exercise

- Grounding exercises (5-4-3-2-1)

- Reduce triggers (news, social media)

Faith tie-in: Use scripture, prayer, devotionals, and journaling as anchors

Depression & Negative Self-Talk

Strategies:

- Cognitive reframing
- Small achievable steps
- Connection with others

“20 second hugs”

Faith tie-in: Gratitude journaling with blessings to and from God, Practice giving *Grace* and showing *Mercy*, find something to *Rejoice* in

OPPORTUNITIES TO IMPROVE MENTAL WELLNESS

Improving Sleep

Strategies:

- Consistent sleep routine
- Limit screens & caffeine
- Relaxation rituals

Breath Prayers

Guided Meditations

Practicing the Presence of God

Faith tie-in: Evening prayer, scripture reflection, calming verses, 3 Good Things

Boosting Productivity

Strategies:

- Put God on your schedule as 1st Appointment
- Time blocking (Pomodoro)
- Daily Top 3 priorities
- Self-compassion

Faith tie-in:

Recognize God as CEO, Show up ready to receive the assignment(s) He has foreordained

Dedicate work as service to God

Gratitude & Positive Thinking

Strategies:

- Daily gratitude lists
- Positive affirmations
- Acts of kindness
- Letter of Gratitude
- Reflection

Faith tie-in: Thankfulness in prayer, reflect on blessings, Think on “these things” Philippians 4:8, Testimonies/Biographies, IG Faith Builders

Transforming Thoughts into Actions

Strategies:

- Mindfulness journaling
- Values-based decision making
- Organize a daily routine

Faith tie-in: Show up for the assignment! Invite Jesus and Holy Spirit into your space, **Set an daily appointment for:** Blessing/Worship, Scripture, meditation, sitting in the presence of God, reflection

Practical daily application: Joyfully obey! Follow through, record results, remember often, share

Faith as a Protective Factor

Benefits:

- Prayer & meditation reduce stress
- Community & fellowship provide support
- Purpose & meaning reduce despair
- Forgiveness increases peace
- Unburdening your heart with the woes of life frees up space in your heart and mind for God to fill it with Himself

How free do you want to be?

Fear	dismantles	FAITH
Anxiety	dismantles	PEACE
Despair	dismantles	HOPE
Doubt	dismantles	ASSURANCE
Hate	dismantles	LOVE
Blame	dismantles	FORGIVENESS

Now read right to left

Fear	dismantles	FAITH
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Blame	dismantles	FORGIVENESS

The choice is yours to make...that is the gift of God.

Choices have logical consequences, follow Christ's example, ***“Not mine, but Thy will be done.”***

First steps: Keep the Main Thing, the Main Thing

Luke 11:9,10 “So I say to you, **Ask** and it will be given to you; **Seek** And you will find, **Knock** and the door will be opened to you. For everyone who asks, **Receives**; the one who seeks **Finds**; and to the one who knocks, the **door will be opened.**”

First steps: Keep the Main Thing, the Main Thing

John 15:7 “If ye abide in *Me*, and *My Words* abide in you, then ask what you will and it shall be given you.”

First steps: Keep the Main Thing, the Main Thing

Psalm 145:1,2 “I will **extol** Thee, my God, O King
and I will **bless** Thy Name forever and ever
Every day I will **bless** Thee and I will **praise** Thy
Name forever and ever.”

Daily Spiritual “Vitamins”:

- *Bless* the LORD! Psalm 103
- Acknowledge God as *your* Shepherd Psalm 23
- Affirm God’s protection over you Psalm 91
- Express Thanksgiving to the Lord Psalm 100
- Make LOVE (Agape) your standard I Cor 13

Daily Routine Example

Morning: Gratitude + prayer

Midday: Focused work + scripture breaks

Evening: Journaling + reflection

Night: Relaxation + prayer before bed

**Make everything a matter of
Prayer**

**Jesus is our Strong Tower
Faith is our superpower**

SERENITY PRAYER

God grant me the serenity of mind to ***accept*** the things I cannot change, ***Courage*** to change the things I can, and ***Wisdom*** to know the difference.

Living one day at a time, ***Enjoying*** one moment at a time, ***Accepting hardship*** as a pathway to peace, ***Taking, as He did***, this sinful world ***as it is, not as I would have it***, ***Trusting*** that ***He will make all things right***, so I ***surrender*** to His will, that I may be ***reasonably*** happy in this life, and ***Supremely*** happy with ***Him forever*** in the next.

Please Take the Survey



SCAN ME

1. How would you feel most supported by the MH ministry in this church?
2. Do you have suggestions or requests for future programs?
3. Would you be more interested in participating in MHO if it met at a different time or on a different day?
4. Comments:

For more information, visit the website at mentalhealthoasis.com or
Contact: Susan Evans (Text: 919.428.3120)