



Emotional Wellness

Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers. James 5:12

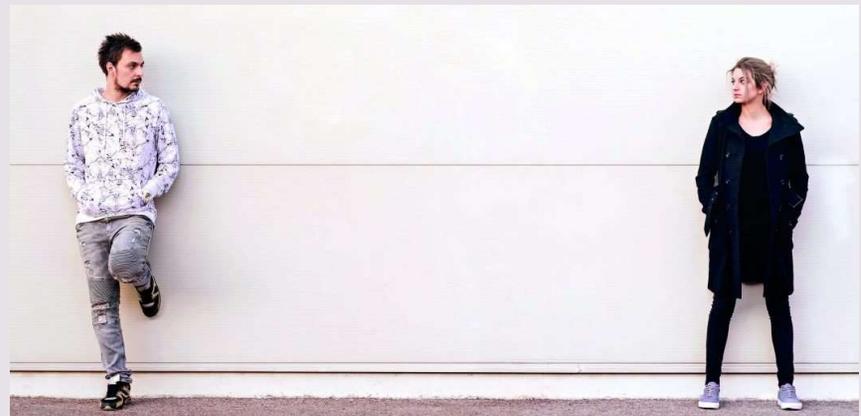
What possible reasons could I have for struggling with emotional wellness?



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Global Pandemic

- Social Distancing
- Loss of normative behavior
- Loss of physical and social connections
- Fear of negative outcomes
- Different behavior responses
- Financial Losses



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Racial Conflict/Tension

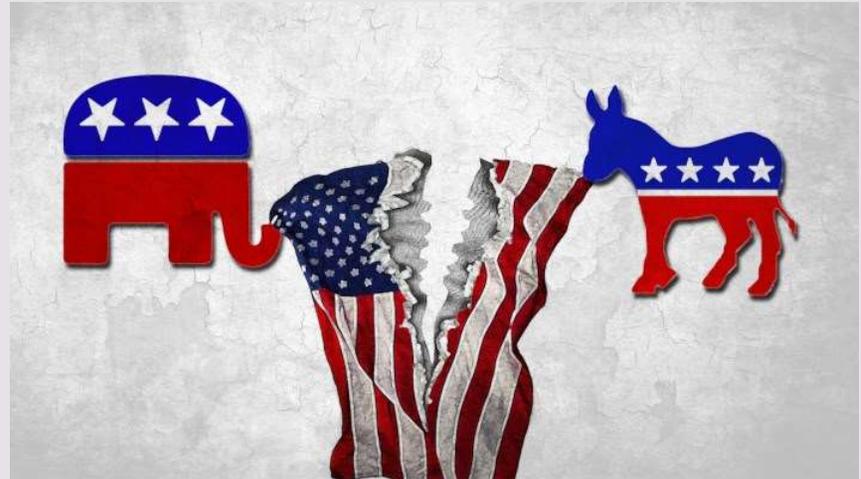
- Strong emotions
- Disruption
- Complicated issues being discussed as if they were simple
- Recent violence



This Photo by Unknown Author is licensed under [CC BY-ND](#)

Political Climate

- Recent election and aftermath
- Recent insurrection and aftermath
- Rhetoric
- Strong opinions



This Photo by Unknown Author is licensed under [CC BY](#)

Ongoing life challenges that were already happening before 2020!

- Health
- Relationship Challenges
- Internal and External Concerns



This Photo by Unknown Author is licensed under [CC BY-ND](#)

What on earth am I going to do?



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



The Word

God is our refuge and strength, a very
present help in trouble. Psalm 46:1



Reading a love letter as a person in love

- The context of relationship changes everything
- A private personal audience with God
- Relevant though ancient
- The only Living book



This Photo by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)

Fighting texts for frequent temptation

- Matthew 4: 1-11
- Isaiah 66:13
- Isaiah 49:13
- Spiritual Connection



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

The honor of asking for help

- Taking turns
- Who should I ask?
- How do I know if I need professional help or “free” help?



My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



NIH



75%



nimh.nih.gov

Join NIMH on
Media @NIMHgov

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

How Covid affects Memory (if you have had it or not)

- Lack of visual and spatial cues
- Changes in routine
- Heavy increase in screen time
- Curtailed exploring and memorization

Coping Strategies (and how to find more)

- Compassion
- Connection (safely)
- Movement
- Taking Breaks
- Taking advantage
- Flex your flexibility muscle
- Lots of options online
- Seek professional help if you need it



This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

Questions?



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)