

Coming back stronger - CG notes

Week 5 - God and mental health

Getting started....

- What's a song that when you hear it makes you smile or lifts your mood?

Get talking...

This week we are considering mental health and the challenges this can bring.

We began asking a question about a song, the Psalms are in many ways songs that tell the story of our lives and it's not always great!

- What's your favourite Psalm and why?

Remind people of the 3 categories of Psalms...

Orientation - Disorientation - Reorientation

- What psalms can you think of that fit these 3 categories?
- What aspects of David's life might fit these 3 categories?
- How does it make you feel to realise many biblical characters and great Christian leaders of history also struggled with mental health challenges?
- Why is this still so hard for many people to talk about?
- What are some of your own experiences with this issue?
- The description of **Shalom** used Sunday, how did this impact you?
- What difference should this quote make to our understanding?

"Health is not the absence of anything; it is the presence of God

It is not an ideal, a concept, or a humanly achievable goal. Rather it is a person - Jesus." John Swinton

Get practical....

Look at the 4 points raised Sunday for how we can approach this for ourselves and for others....

Talk about it - Seek help - Be kind and patient - Stay open to God

- What can we do to help others more with these challenges?

Get praying....

This is such a personal issue but so important.

Be sensitive here but encourage people to share if they would like the group to pray for them...

Pray for others who are battling with these issues whether they have faith or not.

Pray for the most vulnerable in our society right now....

Extra resources.....

Video's

Looking at Mental health Video's

Erin Doherty is a senior lead nurse for child and adolescent mental health services. In these video's Erin looks at 3 aspects of mental health and provides valuable insight to how we can look after ourselves. Follow the link or access them on the Lifecentral website under resources.

1. Looking at Mental Health (Video 1) Anxiety

<https://www.youtube.com/watch?v=9kw3xBpQL3o>

2. Looking at Mental Health (Video 2) Wellbeing

<https://www.youtube.com/watch?v=Nv1ZDzTm1Rw>

3. Looking at Mental Health (Video 3) Low Mood & Depression

https://www.youtube.com/watch?v=J_ML-yP-UgA

Leaflets

CWR produce a range of insight free leaflets and a range of books that give insight into various issues below are links to some of the free leaflets

Anxiety

https://www.waverleyabbeyresources.org/wp-content/uploads/2021/07/Insight-Leaflet_Anxiety.pdf

Depression

https://www.waverleyabbeyresources.org/wp-content/uploads/2021/07/Insight-Leaflet_Depression.pdf

Stress

https://www.waverleyabbeyresources.org/wp-content/uploads/2021/07/Insight-Leaflet_Stress.pdf

Other Help and Support

Mind - <https://www.mind.org.uk/information-support/>

Every mind matters - a personalized plan <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/>

Books you may find useful

Honesty over silence - Its ok not to be ok by Patrick Regan

Honesty Over Silence seeks to open up conversations around topics that many find difficult, such as trusting God when life is painful, dealing with anxiety and depression, learning to look after ourselves, developing our character, and living with thankful hearts even in tough seasons. It examines our strength in letting go of our need to be in control, as well as looking at how we can stop comparing ourselves to others, and instead live authentically and honestly as we grow into the people God has created us to be.

Bouncing forwards - In *Bouncing Forwards* Patrick Regan

draws on his own journey of making peace with his on-going anxiety, to look honestly and vulnerably at the temptation to wait for the day when all will be well whilst missing out on what's happening in the here and now. Exploring resilience, acceptance and emotional agility, Patrick shows how we can find meaning in some of life's toughest moments and the hope to journey on.