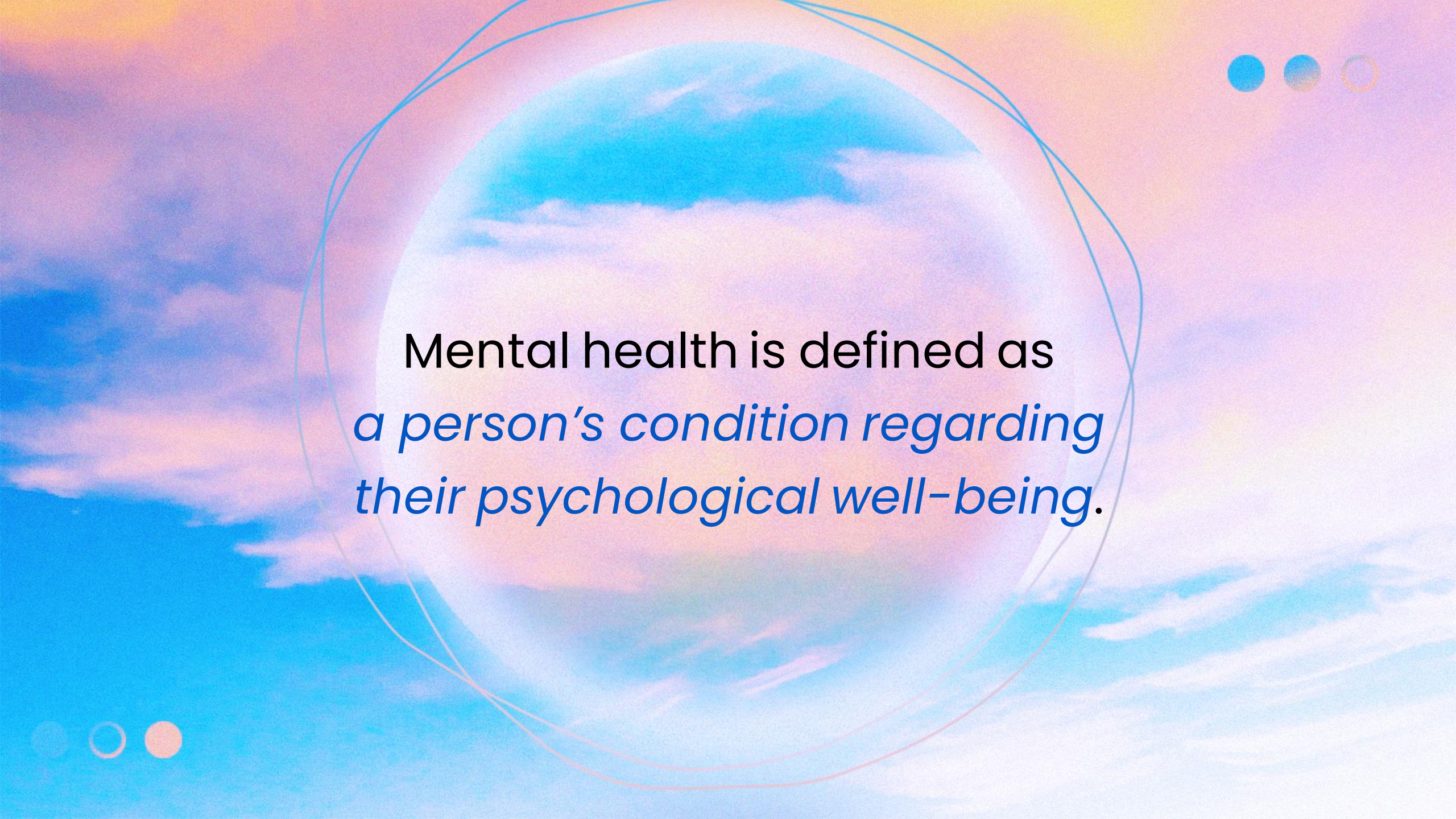


A woman with curly hair, wearing a red off-the-shoulder top and teal pants, is walking in a vibrant, colorful sky. She is smiling and looking to her right. A large, glowing circular graphic is centered behind her, containing the text "GETTING HEALTHY" and "STAYING HEALTHY". The graphic has a blue and yellow gradient and is surrounded by thin, curved lines. In the top right corner, there are three small circles: a solid blue one, a blue one with a yellow gradient, and a yellow one with a blue gradient. In the bottom left corner, there are three small circles: a blue one with a yellow gradient, a yellow one with a blue gradient, and a solid orange one.

**GETTING
HEALTHY**

**STAYING
HEALTHY**



Mental health is defined as
*a person's condition regarding
their psychological well-being.*

Proverbs 12:25

Anxiety in a man's heart weighs him down,
but a good word makes him glad.



THREE COMMON MISCONCEPTIONS ABOUT MENTAL HEALTH:

- 1. Christians should not deal with mental health disorders or crises.**



THREE COMMON MISCONCEPTIONS ABOUT MENTAL HEALTH:

1. Christians should not deal with mental health disorders or crises.
2. **You only need more of God.**

THREE COMMON MISCONCEPTIONS ABOUT MENTAL HEALTH:

1. Christians should not deal with mental health disorders or crises.
2. You only need more of God.
3. **God doesn't care.**

Romans 12:2

Do not conform to the pattern of this world but be transformed by the renewing of your mind.

2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Lamentations 3:19–24

I remember my affliction and my wandering,
the bitterness and the gall. I well remember them,
and my soul is downcast within me. Yet this I call
to mind and therefore I have hope: Because of
the Lord's great love we are not consumed, for
His compassions never fail. They are new every

Lamentations 3:19–24

morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore, I will wait for Him."



THREE HOPES TO KEEP OUR MINDS ON:

1. Hope in the mercies of God.



THREE HOPES TO KEEP OUR MINDS ON:

1. Hope in the mercies of God.

2. Hope in the faithfulness of God.



THREE HOPES TO KEEP OUR MINDS ON:

1. Hope in the mercies of God.
2. Hope in the faithfulness of God.
3. Hope in the inheritance of God.

Romans 8:6

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.



FOUR WAYS TO BE INTENTIONAL TOWARDS GOOD MENTAL HEALTH:

1. Participate in community.



FOUR WAYS TO BE INTENTIONAL TOWARDS GOOD MENTAL HEALTH:

1. Participate in community.

2. Participate in physical activity.



FOUR WAYS TO BE INTENTIONAL TOWARDS GOOD MENTAL HEALTH:

1. Participate in community.
2. Participate in physical activity.
- 3. Practice stillness and meditation.**



FOUR WAYS TO BE INTENTIONAL TOWARDS GOOD MENTAL HEALTH:

1. Participate in community.
2. Participate in physical activity.
3. Practice stillness and meditation.
- 4. Practice gratitude.**

