

## Mental Wellbeing Series

### Session One: An introduction to mental health and wellbeing



In this session we will:

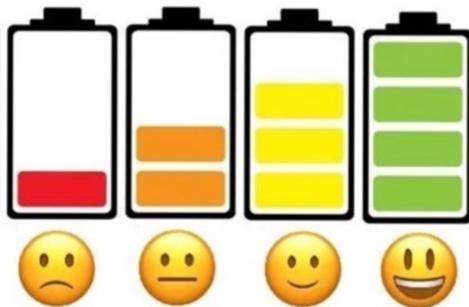
- define what mental health is
- explore the connection between faith and mental health
- consider what drains our mental health 'battery', and what recharges it
- think about how to look after our mental health

**Watch:** Watch this short video where Helen introduces the mental wellbeing series <https://bit.ly/3tSaxD5>

**Discuss:** What does good mental health look like for you? How much attention do you give to your own mental health? Do you think we find it difficult to talk about mental health in church?

**Read:** Read 1 Kings 19: 1-9 out loud. As you listen to this passage, notice what strikes you - a word, a phrase, an image or a feeling.

**Discuss:** How would you describe Elijah's mental health? What does this passage tell us about mental health? How does God restore Elijah's mental wellbeing?



**Activity:** Look at the "mental wellbeing battery" image & table below and reflect (individually or as a group) on the questions:

- How is your mental wellbeing battery at the moment?
- What are your warning signs that it is running low?
- What drains your mental wellbeing battery?
- What recharges your battery? Consider the categories: *Connect, Be active, Take notice, Learn, & Give.*

ILL	INJURED	REACTING	HEALTHY
Excessive anxiety Panic attacks Easily enraged, aggressive Depressed mood, numb Cannot concentrate Inability to make decisions Cannot fall asleep/stay asleep Constant fatigue, illness Absent from social events/work/classes Suicidal thoughts/intent Unusual sensory experiences (hearing or seeing things) Alcohol or other addictions Disordered eating habits/weight control	Anxiety, anger Pervasive sadness, tearfulness, hopelessness, worthlessness Negative attitude Difficulty concentrating Trouble making decisions Decreased performance, regularly missing work/classes/deadlines, or overworking Restless, disturbed sleep Avoidance, social withdrawal Increased use of alcohol —hard to control Restrictive eating habits/weight control	Nervousness, irritability, sadness, overwhelmed Displaced sarcasm Procrastination Forgetfulness Trouble sleeping Low energy Muscle tension, headaches Occasionally missing work/classes/deadlines Decreased social activity Drinking regularly or in binges to manage stress Preoccupied by weight/eating habits	Normal fluctuations in mood Take things in stride Good sense of humour Consistent performance Physically & socially active Confident in self & others Drinking in moderation Normal eating habits
<b>Seek professional care.</b>	<b>Ask for help, prioritise recovery.</b>	<b>Identify problems, seek support.</b>	<b>Nurture support systems.</b>

Table adapted from: Chen, Chang & Stuart

**Action:** In 1 Kings 19 we find Elijah exhausted and burnt out. His mental wellbeing battery is drained. God gives him four simple things that help him recharge: a nap (v5), a snack (v6-8), his presence (v11-13) and a friend (v19-21). Make a plan for when, where and how you will do something to recharge your mental wellbeing battery this week. Tell one another!

**Pray:** Share prayer requests and close by praying for each other.