

Emotional Health 101

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 G N
Y C HEALTH
MINISTRIES



The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression.

Ministry of Healing, 241.1



Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death... Courage, hope, faith, sympathy, love, promote health and prolong life.

Ministry of Healing, 241.1



In the treatment of the sick the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.

Ministry of Healing, 241.4



What is Emotional Health

- The way we feel
- The way our feelings affect us



State of Our Minds



Mood Disorders, Canada 2014

<http://www.statcan.gc.ca/tables-tableaux/sum-som/z01/cs0002-eng.htm>

	%	# in Thousands, based on 2016 population
All	7.8	2,830
12-19 years old	4.5	178
20-34 years old	7.7	579
35-44 years old	8.3	399

Reported that they have been diagnosed by a health professional as having a mood disorder, such as depression, bipolar disorder, mania or dysthymia.



Sense of Belonging to Community, 2014

<http://www.statcan.gc.ca/tables-tableaux/sum-som/z01/cs0002-eng.htm>

	Somewhat Strong or Very Strong (%)	Other (%)	Other (Thousands)
All	66.4	33.6	12,192
12-19 years old	76.5	23.5	929
20-34 years old	57.2	42.8	3,217
35-44 years old	64.6	35.4	1,700



- The U.S. Department of Health and Human Services' (DHHS') 1999 report, Mental Health: A Report of the Surgeon General
 - 20% children & adolescents has a mental health disorder at some point in their life from childhood to adolescence
- At least 10% (6 million people) has a serious emotional disturbance at some point in their life



Adventist Health Ministry

- We believe in a "ministry of healing" by which we can be restored to wholeness.
- Our concept of "whole" involves "the whole person": spiritual, physical, mental and social — as we do not exist in isolation.
- We emphasize the prevention of diseases through simple lifestyle patterns that permit God's restorative powers to work more effectively on our behalf, while in no way minimizing the effectiveness of proven therapy where disease has already occurred.



Loneliness

Failure



Loneliness



Chronic Loneliness

- 42.6 million adults over age 45
 - 1.1 million older adults over age 65
- Long work hours, chronic busyness
- “Loneliness is not inevitable”



Loneliness is a Cycle

- Desperation for human contact can lead to self-focus → further isolation
- Can result in unhealthy behaviors, including addictions, self-harm



Personality and Social Psychology Bulletin



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Reciprocal Influences Between Loneliness and Self-Centeredness: A Cross-Lagged Panel Analysis in a Population-Based Sample of African American, Hispanic, and Caucasian Adults

John T. Cacioppo, Hsi Yuan Chen, Stephanie Cacioppo

First Published June 13, 2017 | Research Article

Loneliness has been posited to increase the motivation to repair or replace deficient social relationships and, seemingly paradoxically, to increase the implicit motivation for self-preservation. In the current research, we report a cross-lagged panel analysis of 10 waves of longitudinal data ($N = 229$) on loneliness and self-centeredness (as gauged by Feeney and Collins's measure of chronic self-focus) in a representative sample of middle-aged and older adults. As predicted by the proposition that loneliness increases the implicit motivation for self-preservation, loneliness in the current year predicts self-centeredness in the subsequent year beyond what is explained by current-year demographic variables, self-centeredness, depressive symptomatology, and overall negative mood. Analyses also show that self-centeredness in the current year (net covariates) predicts loneliness in the subsequent year, a reciprocal relationship that could potentially contribute to the maintenance of loneliness. Theoretical and practical implications are discussed.



- “loneliness in the current year predicts self-centeredness in the subsequent year beyond what is explained by current-year demographic variables, self-centeredness, depressive symptomatology, and overall negative mood”
- “Analyses also show that self-centeredness in the current year (net covariates) predicts loneliness in the subsequent year”



Loneliness & Death

<http://www.apa.org/news/press/releases/2017/08/lonely-die.aspx>

- Social isolation, loneliness, living alone had a significant and equal effect on the risk of premature death, one that was equal to or exceeded the effect of other well-accepted risk factors such as obesity
- Greater social connection was associated with a 50% reduced risk of dying early



Failure



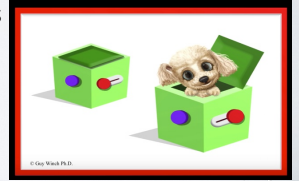
If you are going to fail then fail fast

Failure is an educator



Power of the Mind

- <https://youtu.be/rni4lc9iq54>
- First girl tried purple button
- Boy watched girl and didn't try
- Second girl tried many options and succeeded



Failure Hurts

- Failure linked to fear
- Leads to procrastination
- Can lead to panic, anxiety
- Affects pride, confidence



Role of Thoughts

- Very difficult to change our minds
- If you believe you can't, you are bound to fail



By the thoughts and feelings cherished in early years every youth is determining his own life history.

Child Guidance, 196.4



Any one act, either good or evil, does not form the character; but thoughts and feelings indulged prepare the way for acts and deeds of the same kind.

Child Guidance, 199.1



Overcoming Failure

- Inspiration
- Motivation
- Accept limitations
- Reasonable expectations
- Goals attained through action
- Don't judge too harshly



I had fainted, unless I had believed to see the goodness of the Lord in the land of the living. Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.

Psalms 27:13, 14



Remember...

- Our feelings change
- Pain is inevitable
- Don't relive the past
- You are worth it



Resilience



Resilience

- process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress
- it is common
- does not mean that a person doesn't experience difficulty or distress
- involves behaviors, thoughts and actions that can be learned and developed in anyone



Factors Affecting Resilience

- Having caring and supportive relationships within and outside the family
 - Create love & trust
 - Provide role models
- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses



Building Resilience

<http://www.apa.org/helpcenter/road-resilience.aspx>

- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Move toward your goals. Develop some realistic goals.
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself



For God so loved **[insert name]**,
that he gave his only begotten
Son, that whosoever believeth in
him should not perish, but have
everlasting life.

John 3:16



Coping Skills



Don't come to a HALT

- **H**ungry
- **A**ngry
- **L**onely
- **T**ired



Maslow's Hierarchy of Needs

- "A Theory of Human Motivation" by Abraham Maslow (1943)
- Describes a pattern of human motivations
- Most basic (bottom) must be fulfilled before they seek others



Love & Belonging

- Interpersonal needs
- Feeling like you belong
- Relationships



Love & Belonging

- God is love.
- I John 4:16

Self-Actualization
You are living to your highest potential

Esteem
You've acquired the skills that lead to honor and recognition

Love & Belonging
Achieving deeper, more meaningful relationships

SAFETY
Home, sweet home

Physiological Needs
Food, water, sleep

Love & Belonging

- "The great controversy is ended. Sin and sinners are no more. The entire universe is clean. One pulse of harmony and gladness beats through the vast creation. From Him who created all, flow life and light and gladness, throughout the realms of illimitable space. From the minutest atom to the greatest world, all things, animate and inanimate, in their unshadowed beauty and perfect joy, declare that God is love."
- GC 678.3

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Esteem

- Feel respected, accepted
- "lower" - need for respect from others - status, recognition, fame, prestige, attention
- "higher" - need for self-respect - strength, competency, self-confidence, mastery

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Esteem

- Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.
- John 15:15

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Self-Actualization

- realizing one's full potential

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Self-Actualization

- And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.
- Genesis 1:26-28

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Self-Actualization

- There can be no growth or fruitfulness in the life that is centered in self. If you have accepted Christ as a personal Savior, you are to forget yourself, and try to help others. Talk of the love of Christ, tell of His goodness. Do every duty that presents itself. Carry the burden of souls upon your heart, and by every means in your power seek to save the lost...
- Christ's Object Lessons, 67

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- As you receive the Spirit of Christ—the Spirit of unselfish love and labor for others—you will grow and bring forth fruit. The graces of the Spirit will ripen in your character: Your faith will increase, your convictions deepen, your love be made perfect. More and more you will reflect the likeness of Christ in all that is pure, noble, and lovely.
- Christ's Object Lessons, 67

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Self-Actualization

- Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own.
- Christ's Object Lessons, 69

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