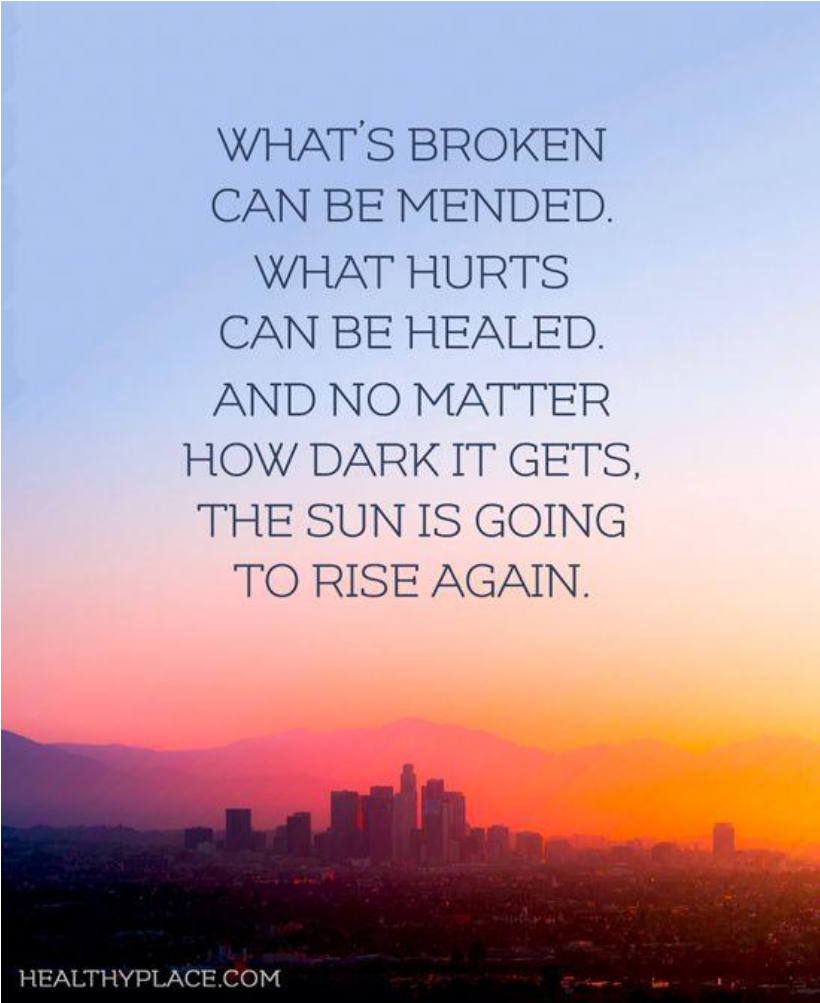


A background image showing a hand holding a small, dark object over a body of water. The hand is positioned in the upper right, and the object is being held over the water, creating a reflection. The water is blue and slightly rippled. The sky is visible in the background, showing a soft, hazy light.

THINK ABOUT YOUR MENTAL HEALTH – TFCHA October 2020

“For God gave us a spirit not of fear but of power and love and self-control.” 2 Timothy 1:7

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” Matthew 6:34

A motivational quote is displayed over a background image of a city skyline at sunrise. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon, where the sun is rising. The city skyline is silhouetted against the bright light, with several tall buildings visible. The overall mood is hopeful and inspiring.

WHAT'S BROKEN
CAN BE MENDED.
WHAT HURTS
CAN BE HEALED.
AND NO MATTER
HOW DARK IT GETS,
THE SUN IS GOING
TO RISE AGAIN.

HEALTHYPLACE.COM

Think about your mental health . Think about:

- What do we mean by mental health?
- Why is mental health so important?
- How the current Covid19 pandemic affects peoples wellbeing and mental health
- What can be done to help improve our mental health?

WHAT IS MENTAL HEALTH?

Watch the following youtube clip about mental health and discuss any issues/ questions that arise from it.

<https://www.youtube.com/watch?v=cbC9z3-6Gcw>

(copy and paste this link)

DEFINITION OF MENTAL HEALTH: a person's condition with regard to their psychological and emotional well-being

– What does this definition mean? Discuss

FREDDIE FLINTOFF – Former England cricketer and Top Gear presenter began to suffer from bulimia when he joined the England team in 2001 as he felt pressure to keep his weight down.

Bulimia is described eating large quantities of food (called bingeing), and then trying to compensate for that overeating by vomiting, taking laxatives or diuretics, fasting, or exercising excessively. 1 in 4 people with bulimia in the UK are male, 60% of them do not seek help.

Freddie is a very successful British sporting legend and TV personality. He is happily married with 4 children yet still admits to suffering from bulimia today.



Freddie Flintoff on Mental Health:

- Discuss why you think Freddie Flintoff has a difficult time with his mental health – what pressures does he have to deal with?
- Does being a man make it harder to talk about mental health issues? Why?
- What are the different types of help people can get to help them cope with mental health problem?

The impact of corona virus on mental health:

- You may be worried about coronavirus (Covid-19) and how it could affect your life. This may include having to spend a lot of time at home. Or you may have concerns about being around other people or coming back to school.
- This may feel difficult or stressful. But there are lots of things you can try to help your wellbeing:
 1. Connect with people – use online social media to chat and talk to people
 2. Talk more to the people you live at home with
 3. Talk to people at school
 4. Watch a good box set!
 5. Eat regularly and stay hydrated
 6. Keep active and build physical activity into your day – walking to school is good!#
 7. Find ways to relax and be creative – read, draw, make something, help cook at home.

Jesus heals the paralyzed man in Capernaum— Mark 2:1-12

Jesus was going from town to town performing miracles and everyone wanted to see Him. So, as Jesus entered one of the homes in Capernaum, people quickly gathered around Him. So many people came that there was no room left, not even outside the door. There were four men who heard that Jesus was in town who decided to carry their paralyzed friend on a mat to Him, to see if their friend could be healed. As soon as they got to the house where Jesus was, they realized that they wouldn't be able to get through to see Him. The Bible says that, after digging through the roof, the men lowered the mat that the paralyzed man was lying on down to where Jesus was. The first thing Jesus said when He saw that they believed was, "Son, your sins are forgiven." Then, before He was finished Jesus said to the paralyzed man, "I tell you, get up, take your mat and go home." The Bible says that the man got up, took his mat and walked out in full view of them all.

IN THIS STORY JESUS HEALS A PARALYSED MAN.

THE MESSAGE RELATES TO MENTAL HEALTH BECAUSE THE STORY GIVES US HOPE - THE MAN'S FRIENDS WERE SO DETERMINED TO GET THE MAN IN TO SEE JESUS THAT THEY LOWERED HIM DOWN FROM THE ROOF TO SEE JESUS.

THIS MEANS THAT THERE ARE MANY WAYS TO HELP US IMPROVE OUR OWN MENTAL HEALTH AND WE SHOULD NEVER GIVE UP HOPE.

MENTAL HEALTH PROBLEMS

As a class discuss some of the mental health problems.

Do you know what they all are?

Perhaps some of your class could find out about some that you do not know about?

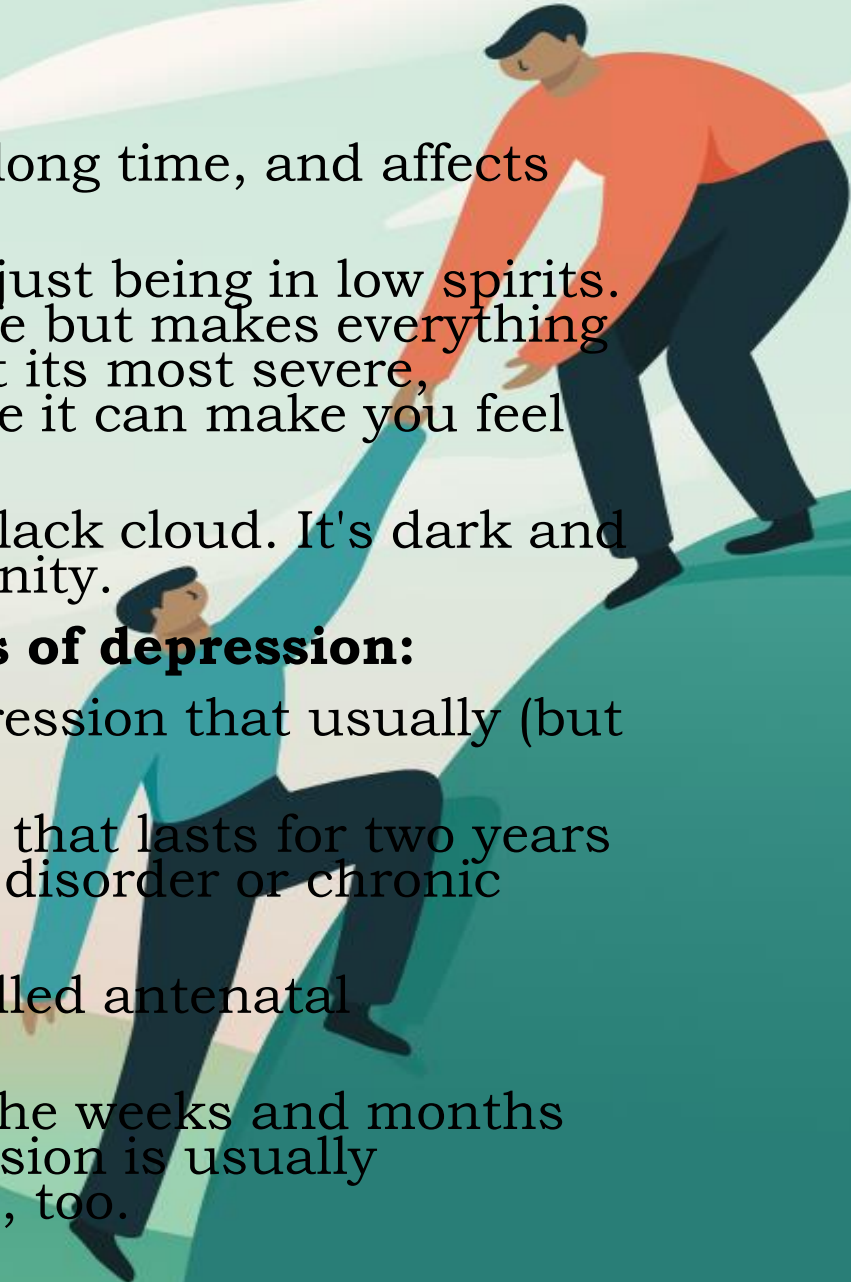


Depression

- Depression is a low mood that lasts for a long time, and affects your everyday life.
- In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live.
- It feels like I'm stuck under a huge grey-black cloud. It's dark and isolating, smothering me at every opportunity.

There are also some specific types of depression:

- **Seasonal affective disorder (SAD)** – depression that usually (but not always) occurs in the winter.
- **Dysthymia** – continuous mild depression that lasts for two years or more. Also called persistent depressive disorder or chronic depression.
- **Prenatal depression** – sometimes also called antenatal depression, it occurs during pregnancy.
- **Postnatal depression (PND)** – occurs in the weeks and months after becoming a parent. Postnatal depression is usually diagnosed in women but it can affect men, too.



Anxiety

- **Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.**
- **For some, anxiety feels as if everyone in the world is waiting for them to trip up, so that they can laugh at them. It makes people feel nervous and unsure whether the next step to take is the best way forward.**
- **Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life.**
- **For some going out of the house is a challenge because they fear panicking and feel they are being watched or judged. It's just horrible.**
- **Anxiety is the bodies normal way of dealing with danger and is part of the fight or flight response.**

What is the 'fight or flight' response?

Like all animals, human beings have evolved ways to help us protect ourselves from danger. When we feel under threat our bodies react by releasing certain hormones, such as adrenaline and cortisol. These hormones:

- make us feel more alert, so we can act faster.
 - make our hearts beat faster, quickly sending blood to where it's needed most.
- After we feel the threat has passed, our bodies release other hormones to help our muscles relax. This can sometimes cause us to shake.

This is commonly called the 'fight, flight or freeze' response – it's something that happens automatically in our bodies, and we have no control over it.

OCD – Obsessive Compulsive disorder

- Obsessive-compulsive disorder (OCD) is an anxiety disorder. It has two main parts: obsessions and compulsions.
- **Obsessions** are unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind. They can make you feel very anxious (although some people describe it as 'mental discomfort' rather than anxiety).
- **Compulsions** are repetitive activities that you do to reduce the anxiety caused by the obsession. It could be something like repeatedly checking a door is locked, repeating a specific phrase in your head or checking how your body feels.
- It's not about being tidy, it's about having no control over your negative thoughts. It's about being afraid not doing things a certain way will cause harm.

A photograph of Dwayne 'The Rock' Johnson smiling on a red carpet.

Depression

"It took me a long time to realize it but the key is to not be afraid to open up. You're not alone."

A photograph of Selena Gomez in a dark blue dress at a WE Day event.

Depression, anxiety & panic attacks

I started to have panic attacks right before getting onstage, or right after leaving the stage.

A photograph of Adele in a green dress at the Grammy Awards.

Depression

I can slip in and out of depression quite easily. It started when my granddad died, when I was about 10, I have been in therapy, lots.

A close-up photograph of Woody from the Toy Story franchise.

Bipolar – manic depression

I found out recently that I'm manic depressive

A photograph of Michael Phelps waving with his right hand.

ADHD

Diagnosed when he was 9 years old, HE had trouble concentrating in school

A photograph of Elton John wearing orange-tinted glasses.

Bulimia

Discussing his substance abuse and bulimia, Elton John said he had been "sober and clean" for years. But, you know, those three words --I need help. If only I'd said them earlier

A close-up photograph of Jennifer Aniston smiling.

Post natal depression

My son, Moses, was born in 2006, and I was plunged into one of the darkest and most painfully debilitating chapters of my life

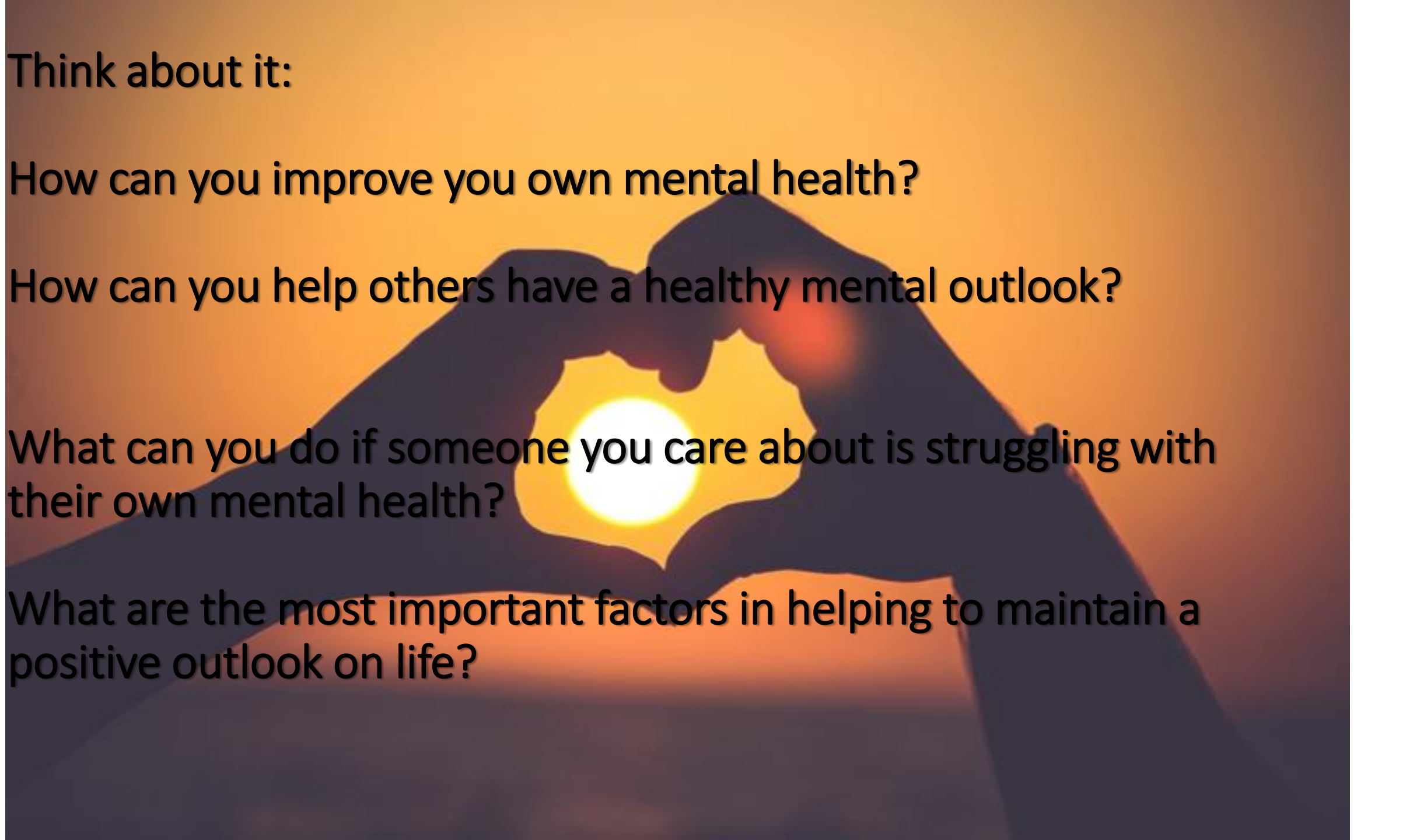
Think about it:

How can you improve you own mental health?

How can you help others have a healthy mental outlook?

What can you do if someone you care about is struggling with their own mental health?

What are the most important factors in helping to maintain a positive outlook on life?



A prayer for reflection

Dear Father, I thank You for my health and my positive outlook. I pray that You give strength to the weary and increase the power of those who are weak right now, whether they are struggling emotionally, physically or spiritually. Lord I pray that they lean not on the way they feel, but instead trust in seeking help and support from family, friends and your kindness. I thank You Lord for hearing my prayer right now, I have faith that You will deliver.

Amen