


A close-up photograph of a hand holding a small, dark, textured object (possibly a piece of wood or a small animal) over a body of water. The background is a soft-focus landscape with a blue sky and a body of water. The text is overlaid on the image.

# THINK ABOUT YOUR MENTAL HEALTH – TFCHA October 2021

“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



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 did Covid 19 Lockdown affect people and their 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

**DANIEL RADCLIFFE** – The star of 8 Harry Potter films and a role model for millions of young people has a long-standing struggle with OCD and a battle with alcoholism.

By the third Harry Potter movie Daniel Radcliffe seriously considered leaving one of major film series of all time. Radcliffe developed OCD at the age of 5 and had to repeat everything he ever said back to himself (quietly, under his breath). He still has therapy for his problems and recommends people talk openly about mental health issues.

He started drinking to deal with the pressure of fame at the age of 17. He felt that the media attention on him meant that everything he did or said would be in public would be reported. These days he does not drink at all!



# Daniel Radcliffe on Mental Health:

Discuss why you think Daniel Radcliffe 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.?

# Ways to improve our mental health:

You may feel that your mental health is good, or up and down or more down than up – whatever your situation there are lots of things you can try to help your wellbeing:

- Connect with people – use online social media to chat and talk to people
- Talk more to the people you live with at home
- Talk to people at school
- Watch a good box set!
- Eat regularly and stay hydrated
- Keep active and build physical activity into your day – walking to school is good!
- 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?



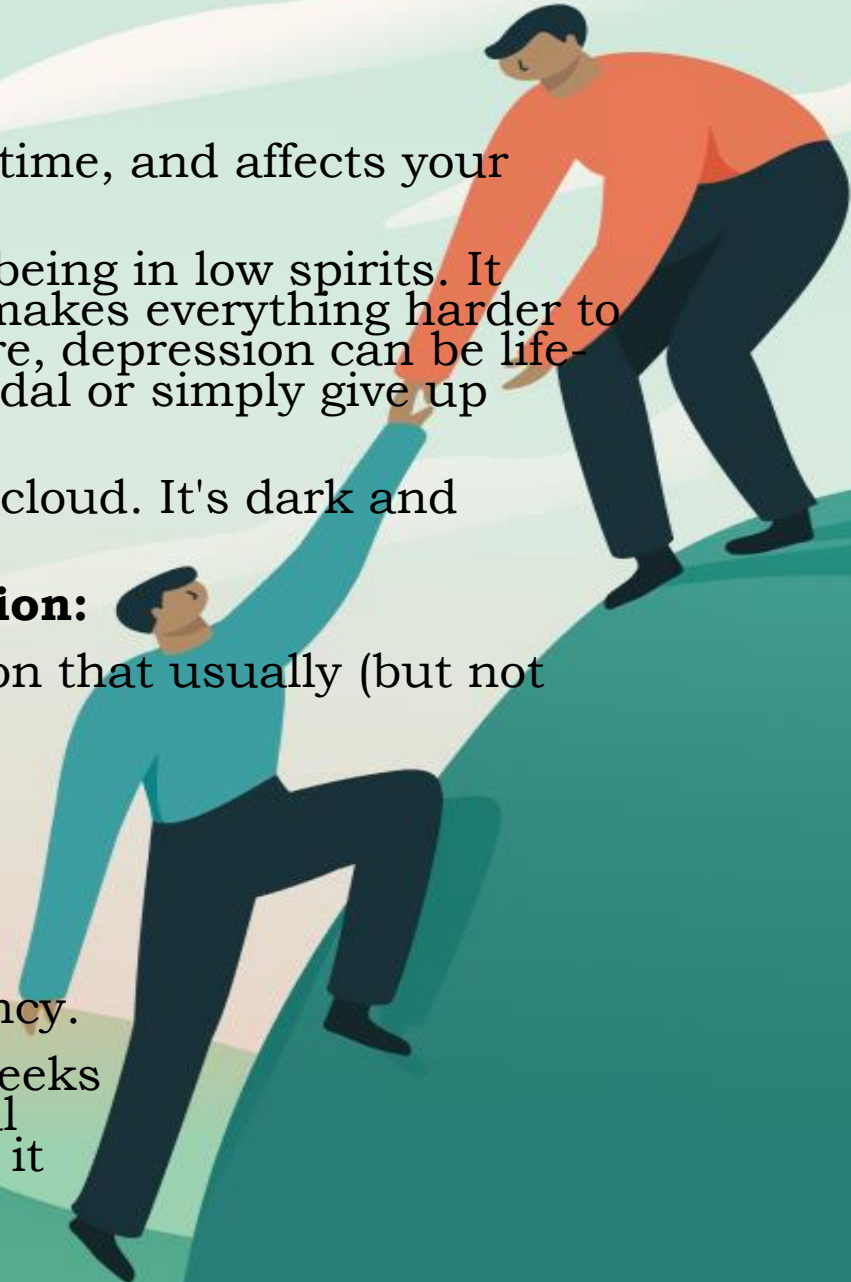


# Depression

- 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.



## 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."



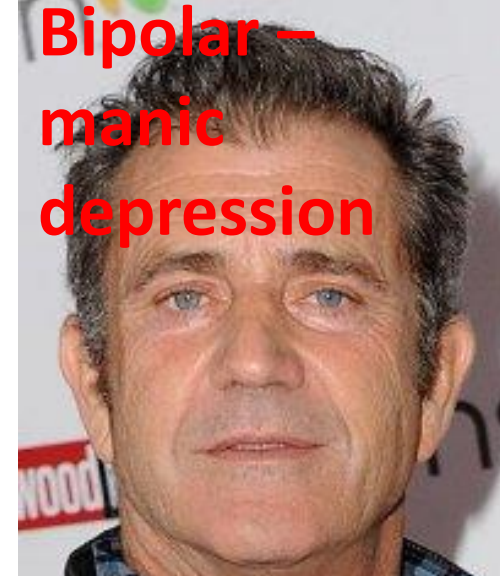
## Depression, anxiety & panic attacks

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



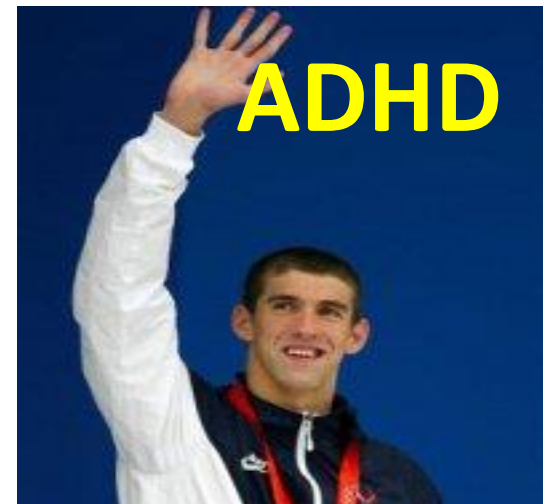
## Depression

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.



## Bipolar – manic depression

I found out recently that I'm manic depressive



## ADHD

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



## Bulimia

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



## 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

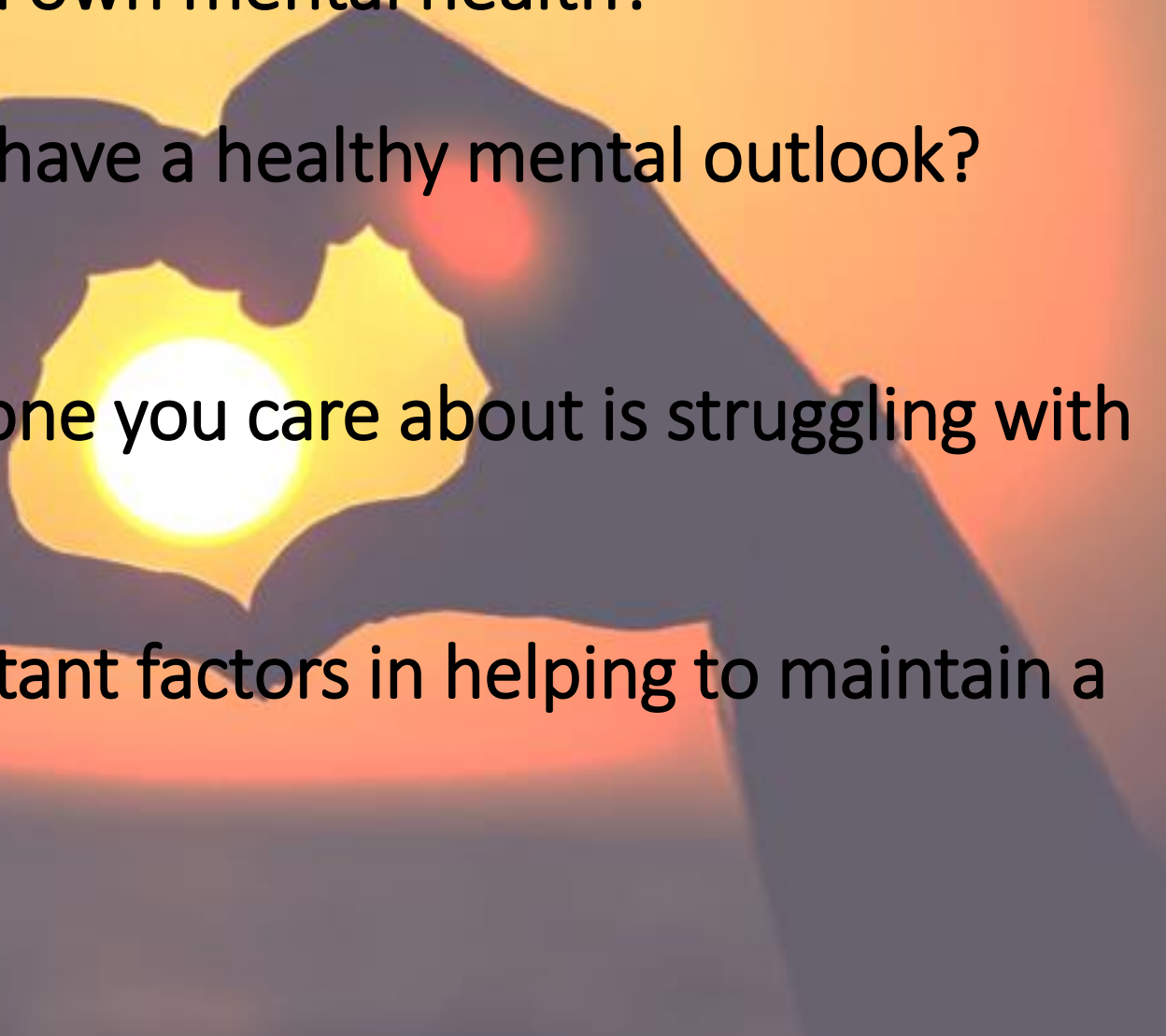
Think about it:

How can you improve your 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