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| Slide # | **Text [please ensure your slides align with the scripting below]** |
| Slide # 1 | **Mental Health Week slide**  We have a wonderful message through health that has been part of our ministry since the mid 1800’s. Each year we put aside one week in May to focus on health. This year we are highlighting what it means to be Mentally healthy. |
| Slide # 2 | **Disclaimer:**  Before we go any further it is very important to understand that the writers of our devotionals this week are not mental health professionals. The ideas they present have been gathered from the research, study, and life experience they have gained in the area they are focusing on. At no time must the health information presented in this devotional replace any treatment or advice given to you by your own primary care provider, or other mental health professional. |
| Slide # 3 | **The Optimal Mind – understanding mental health.**  **Adrielle Carrasco, MHsc, RN**  **Director of Adventist Health Ministries NZPUC**  We were made as a ‘whole person’ or as ‘wholistic’ beings, meaning that the aspects of health that we were created with, Spiritual, Physical, Social, and Mental, all combine to make us a complete human being.  Adventist Health Ministries across our division understands the importance Mental Health has on our overall wellbeing. |
| Slide # 4 | **The four pillars of health and well-being**  Adventist Health Ministries champions the philosophy that all areas of our wellbeing are important, there is no one area more important than the other. The analogy of the four walls of a house comes to mind. Each wall has a job, and that is to hold the house up. When one wall is damaged there is strain placed on the other walls. They become weakened, and this puts an overall strain on the integrity of the house. So, keeping all walls strong will ensure the house also stands strong. Simply put, our spiritual health is as important as our physical health, which is as important as our social health, which is as important as our mental health, by paying attention to all aspects of health we stay optimally and wholistically well.  Being wholistically well means we have strong minds and bodies. We have been charged by Jesus to bring hope to broken world, and one of the best and most appreciated ways we can do this is through advocating for ‘whole person’ well-being to the communities we serve.  We have chosen a focus on Mental health this Health Week, in the hope that by doing so we will acknowledge the importance mental health has to a wholistic well-being. We are optimistic that through our devotionals we may also help to eliminate or reduce the negative connotations associated with this area of health. |
| Slide # 5 | **Our Focus this week**  This week our daily devotionals will focus on the following areas of Mental Health: Anxiety, Depression, Problematic Substance Use, Psychosis, Dealing with Anger, Coping with grief, and Thinking like Jesus. The list here represents the more common mental health illnesses and challenges identified within the general population of most communities.  We have chosen the first four as they are topics that align with areas those who live with Mental Health Challenges, and those who work in the area, feel are important for our communities to understand and know more about. The next two areas are issues that our communities deal with on a regular basis, and our final devotion will look at how we can think more like Jesus regarding our theme. |
| Slide # 6 | **What is Mental Health**  What does it mean to have good mental health? To be mentally well means a person has a good understanding of their abilities (whether mental or physical) and can manage normal or daily stress. They are productive and positively contribute to their community. They have a healthy well-being. |
| Slide # 7 | **What is Mental Health**  Our mental health has a huge impact on how we think, feel, and act. It affects our everyday life, and can influence our work, relationships, and study. |
| Slide # 8 | **What is Mental Health**  Mental health is closely linked to our emotional and spiritual health. Respecting culture, championing equity, advocating for social justice, and acknowledging personal dignity and diversity are important for keeping us emotionally and spiritually well. This, in turn, will strengthen and improve our mental wellbeing. |
| Slide # 9 | **Emotional and Spiritual Well-being**  “When you are thriving **emotionally** you feel content, your outlook is positive, and you are able to work through stressful situations and emotionally challenging events.”  “Being **spiritually** empowered is the cherry on the cake for living your best and abundantly full life. Your connection to something bigger than yourself will give your life purpose, meaning and hope.” |
| Slide # 10 | Considering the strong link between emotional and spiritual health with Mental health, in what ways can we help improve or maintain our emotional and/or spiritual health? Choose one to focus on for this discussion.  [Break up in pairs or in small groups, then discuss for 5 min then share for 5 min] |
| Slide # 11 | **Being Physically Well**  “Consuming the optimal diet, being physically active, getting rejuvenating rest, being well hydrated, not smoking and avoiding toxic substances will help you live the best life, full of vigour and vitality.” |
| Slide # 12 | If God made us as “whole” beings, meaning we were made to be well in all areas of health e.g., mental, emotional, spiritual, and physical health, and given the emotional and spiritual link to mental health already mentioned, think of ways our physical health can impact our mental well-being?  [Break up in pairs or in small groups, then discuss for 5 min then share for 5 min. Ask the groups to consider the following: what is our mental state when we are physically unwell? Or are there foods or activities that impair or improve our thinking? Or how well do we function mentally when we are well rested, or sleep deprived] |
| Slide #13 | **Good Mental Health**  Being mentally healthy can positively influence so many areas of our whole person health. We see and achieve positive outcomes in the following:   * improved learning * creativity * higher levels of productivity * better social relationships * good physical health * increased life expectancy.   In the same way emotional, spiritual and physical health can impact our mental health, mental health can impact emotional, spiritual and physical health also. |
| Slide #14 | **Mental** **Health** **Terminology**  The term ‘mental health challenge’ is the umbrella term used to describe a range of experiences people may have, from experiencing mental health symptoms to meeting the diagnostic criteria for a mental illness. It can also relate to a mental health crisis such as severe psychosis, panic attack, or experiencing a traumatic event.  People with lived experience recommend using the term **mental health challenge** as it reflects more strengths-based language.  While not preferred, a **mental illness or disorder** relates to a diagnosed mental illness.  The terms **mild**, **moderate,** and **severe** refer to the negative impact on people’s quality of life or their ability to complete their daily activities. For example, when someone is experiencing mild depression, they may still be able to carry out their normal daily activities with small impacts on their quality of life. In other cases, the impact on people’s life can be severe, where it is difficult for people to carry out normal daily activities. The severity of a mental health challenge can fluctuate for people over time. |
| Slide # 15 | **Mental Health Challenges include:**  Mental Health Challenges include:   * Mental distress – anytime you experience excessive amounts of stress or emotional turmoil. * Diagnosed mental illness and/or disorders – these can include a major depressive disorder, anxiety disorders like obsessive-compulsive disorder, bi-polar, phobias to name a few * Symptoms – what a person experiences during a mental health challenge * Mental health related crises - such as suicide thoughts and behaviours, severe effects from drug misuse, non-suicidal self-harm |
| Slide # 16 | **How common are mental health challenges?**  One in five adults (20.7%; 17% males, 24% females) meet diagnostic criteria for a common mental illness each year (including anxiety, depression, and problematic substance use – excessive amounts of alcohol or drugs)  About two-thirds experience one mental health challenge and one-third experience two or more challenges.  When a person experiences more than one mental health challenge that includes problematic substance use, the term co-existing problems (CEP) is often used. Anxiety, depression, and problematic substance use often occur in combination. For example, it is not unusual for a person experiencing anxiety to also develop depression. Similarly, for a person experiencing depression it is not uncommon to develop problematic substance use (alcohol or other drugs), perhaps to self-medicate. |
| Slide # 17 | **Stigma and discrimination**  Distress can be caused by attitudes of rejection and stigma towards people who experience mental health challenges. The effects may not be readily visible to others and may include negative judgments. People may be incorrectly perceived as weak, lazy, selfish, uncooperative, attention-seeking or not unwell. This lack of understanding contributes to the stigma people experience in relation to mental health challenges.  Community attitudes towards mental health challenges should be fundamentally the same as physical health conditions. People with experience of mental health challenges need the respect and assistance of friends, family, colleagues, and the broader community. What people do, including how they speak about and act towards people experiencing mental health challenges, makes a difference.  Mental health is everyone’s business. The attitudes and beliefs that society has about mental health challenges have a powerful impact on the mental health challenges someone experiences. Their ability to access appropriate and timely care, or to recover, can also be greatly impacted. |
| Slide # 18 | **Dispelling the stigma**  People who live with a mental health illness or experience a mental health challenge have the same rights and opportunities as anybody else. It is all our responsibility to reduce the stigma associated with Mental health challenges or illness. The stigma that still exists within our communities' harms those needing professional, family, or community support to manage their mental health challenge. Early intervention can mean the difference between someone making a good and timely recovery or someone becoming increasingly unwell and at risk of suicide. |
| Slide # 19 | **Dispelling the stigma**  We know that in some communities addressing the needs of those in our midst living with a Mental Health Illness or experiencing a mental health challenge, is confronting because of the perceived stigma associated with a Mental Health illness or challenge. The main cause why people do not seek appropriate help when experiencing a mental health challenge is the stigma, discrimination, and fear of rejection they may experience attached to Mental health challenges. Many people feel isolated from the communities they live in |
| Slide # 20 | **In Christ’s Family**  To live a life as Jesus did, to follow His example, is our greatest gift to the world. He accepted everyone he came into contact with, just as they were, and He showed them love, understanding and compassion.  In the eyes of Jesus, the Father, and the Holy spirit none of us are lesser or greater than the other. The apostle Paul’s message to the new believers in Rome reflected this idea, in Christ’s family we are all equal, we are all heirs, and we all belong to Him.  Both mandates will go a long way in accepting and helping those in our community who need our assistance. May we embrace and apply these ideas to our lives as we continue to learn about mental health this week. |
| Slide # 21 | **God understands when our wellbeing is challenged …and He wants us to have hope!** |
| Slide # 22 | **References**  Beyond Blue Australia <https://www.beyondblue.org.au/mental-health>  ELIA Wellness [www.eliawellness.com](http://www.eliawellness.com/)  Mental Health First Aid (MHFA) Aotearoa <https://www.tepou.co.nz/initiatives/mental-health-first-aid-aotearoa-new-zealand>  Te Ara New Zealand [https://teara.govt.nz/en/mental-health-services/page-1#:~:text=Mental%20health%20is%20a%20positive,justice%2C%20personal%20dignity%20and%20diversity](https://teara.govt.nz/en/mental-health-services/page-1)  World Health Organisation <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> |
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