

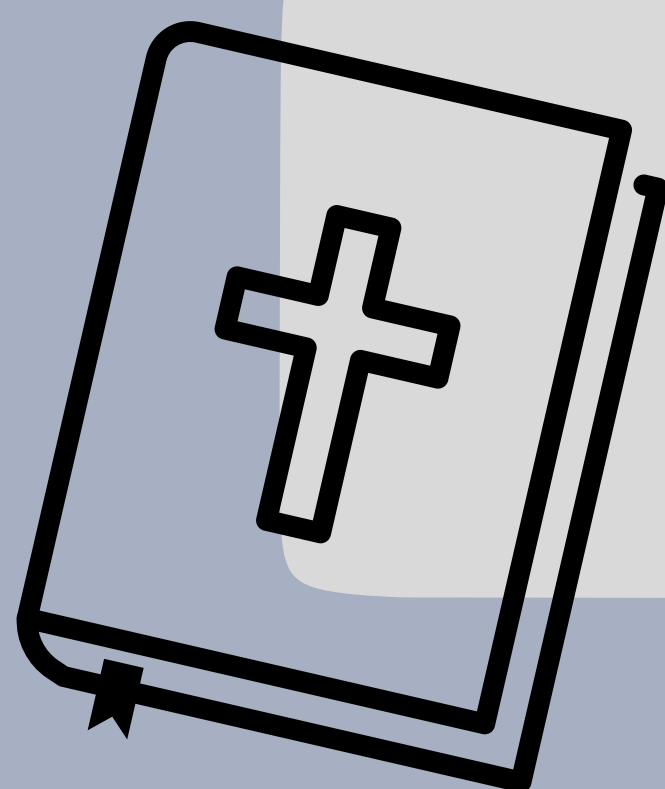
YOUR RESOURCE GUIDE TO **MENTAL HEALTH:**

By: Dr. Audrey Davidheiser



PRAYERS

PODCASTS







& SCRIPTURE






May is Mental Health Awareness Month.

In honor of the occasion, we wanted to compile multiple resources to help improve your mental health.

Signs You Need to Prioritize Your Mental Health:

-  *You fret throughout the day. An anxiety-free existence feels like a foreign concept.*
-  *Your relationship with food is layered. When stressed out, you seek sweets. If you feel you've overstuffed yourself, you secretly and intentionally throw up.*
-  *Your energy level is low and you have lost the desire to do anything. You don't have much hope for the future.*
-  *To relax and sleep after a long day, you must _____. (Fill in the blank with an activity you can't do without. Examples: "Down a glass of wine or two," "Take a sleeping pill," "Play video games," "Check how your stocks performed.")*

-  *You believe others will abandon you at some point.*
-  *The slightest provocation thrusts you into an angry outburst.*
-  *You're so afraid of conflict that you keep the peace at all costs—including by swallowing your feelings.*

Hindrances to Improving Mental Health:

1. Lack of Time

Who has time to slow down and do deep breathing exercises or go on a leisurely stroll when life demands that we keep going?

2. Distractions

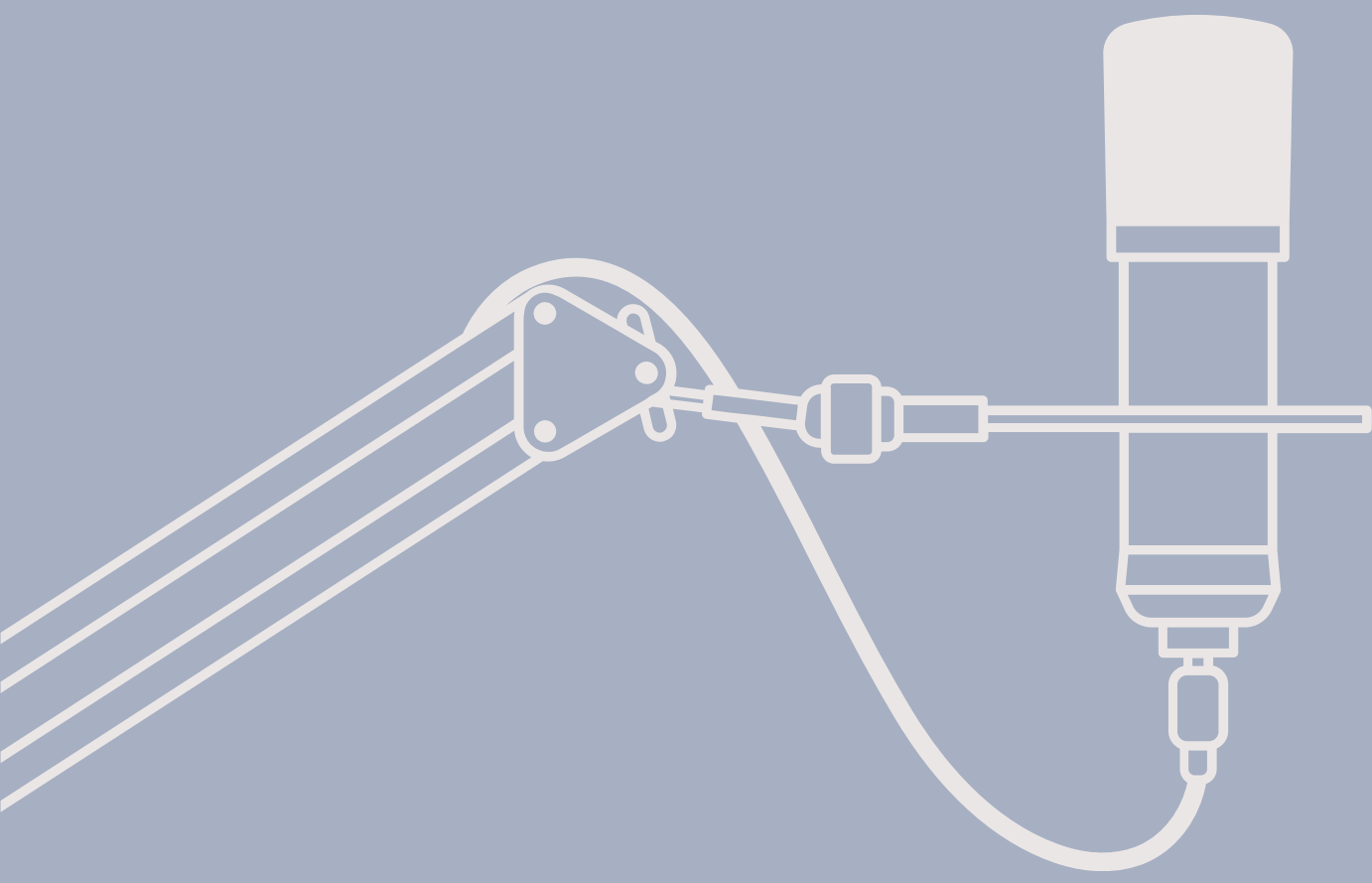
Sports, shopping, social media, entertainment—living in the 21st century means so many options constantly compete for our attention.

3. Stigma

Those struggling with mental illness are still looked down on.

4. Not Knowing Where to Start

If you've lived with the same condition for a long time or if you feel overwhelmed by the prospect of change, you may feel unsure about where to begin.



Mental Health PODCASTS

If you're new at advocating for your mental health, I recommend giving podcasts a try. This low-risk investment is not only time-saving—you can listen to an episode or more while doing chores or driving around town—but will also introduce you to a wealth of testimonials, tips, and useful techniques. For free!



Breathe The Stress Less Podcast
offers scientific, Scripture-backed methods of restoring calm.



Faith Over Fear
helps you review the areas in life where fear might have seized control.



Therapy & Theology.

answers questions you might have regarding two of my favorite topics: therapy and spirituality.



Untangling Life

is by an author who promises to clear your head from the chaos in our world.



Christian Natural Health

teaches you how to prioritize health through natural means.



Sparkle Speak

presents speakers with personal experience with the Christian faith.



PRAYERS

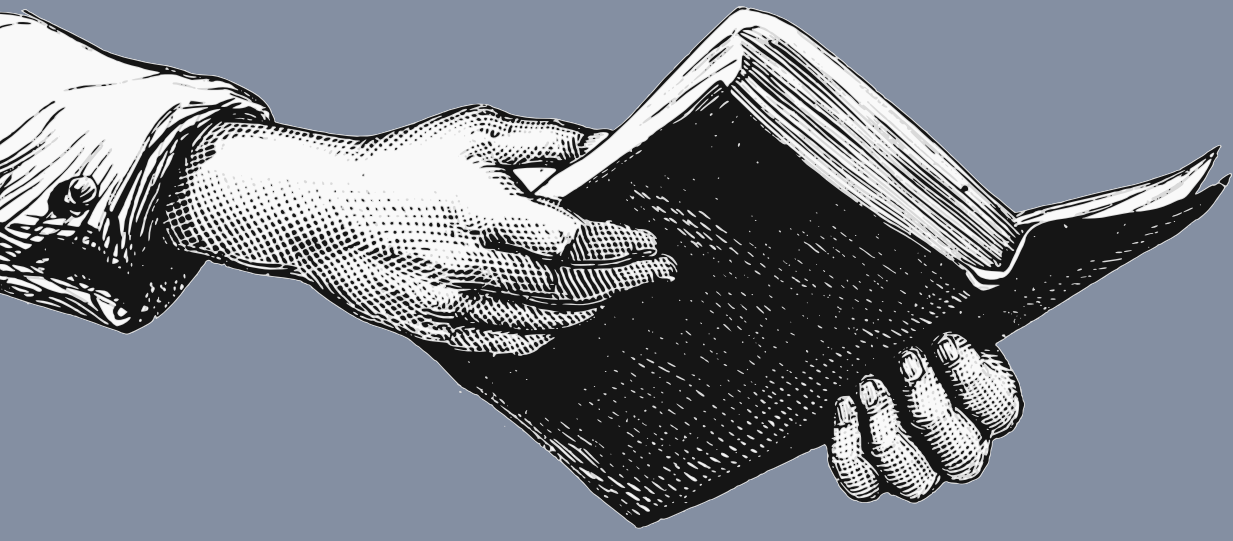
for overwhelming moments

It's natural to draw a blank when overwhelming stress or fear envelops you. If you find yourself in such a situation, feel free to pray a prayer someone else has crafted. Below are three such prayers, in a shortened form. Clicking on the titles will take you to the articles from which these prayers were taken.

"Father God, thank You that You want us to cast our cares upon You. Thank You that there is nowhere I can go that you are not there with me. Thank You for having a hold of my life, even as I feel like everything is crumbling around me." Taken from [A Prayer for When You're Overwhelmed and Stressed](#).

"Holy Spirit, remind me to cry out to God when I am scared instead of looking to other things or people to try to distract myself from the worry." Taken from [A Prayer for the Anxious Heart](#).

"Lord, help me grow by seeing you in my moments of anxiety. Lead my heart to places in your Word that I can pray aloud over myself when these feelings come." Taken from [A Prayer to Cling to Jesus in the Midst of Anxiety](#).

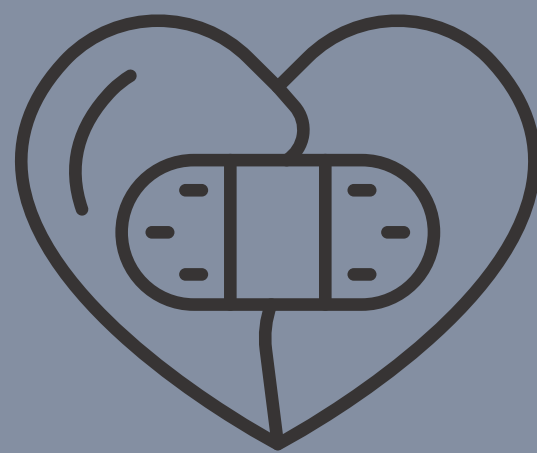


SCRIPTURE

God's Word is the only stable force in the face of our constantly changing world. Unlike electronic devices with batteries that will eventually degrade, the Word will never lose its power. That's why reading the Bible in the midst of emotional turmoil is a safe haven you can always resort to.

Read Bible verses repeatedly and loudly. Listening to yourself spouting off life—since God's Word is "full of the Spirit and life" (John 6:63)—counteracts the negative words others, or even you, have spoken against yourself. After all, words can torment our soul and break it into pieces (Job 19:2).

ON TRAUMA:



"Forget the former things; do not dwell on the past. See, [God is] doing a new thing! Now it springs up; do you not perceive it? [He is] making a way in the wilderness and streams in the wasteland." Isaiah 43:18-19

"He will not crush the weakest reed or put out a flickering candle. He will bring justice to all who have been wronged." Isaiah 42:3 (NLT)

"He heals the brokenhearted and binds up their wounds." Psalm 147:3



ON FEAR & ANXIETY:

"When I lie down, I will not be afraid; when I lie down, my sleep will be sweet." Proverbs 3:24

"I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety." Psalm 4:8 (NKJV)

"[I] let the peace of God rule in [my] heart." Colossians 3:15

"You hem me in behind and before, and you lay your hand upon me." Psalm 139:5

ON HOPELESSNESS, HELPLESSNESS, OR DEPRESSION:



"I am never really alone, because the Father is with me." John 16:32 (ERV)

"Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him for the help of His presence, my God." Psalm 42:11 (NASB)

"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." (Psalm 34:18, NLT)

PSYCHOTHERAPY

Psychotherapy (also called talk therapy) refers to a variety of treatments that aim to help a person identify and change troubling emotions, thoughts, and behaviors. Most psychotherapy takes place one-on-one with a licensed mental health professional or with other patients in a group setting.

“I'm a Christian, but I'm also a clinical psychologist. The importance of both was why I sought to be trained in psychology and theology. Since earning my doctorate degree and establishing my practice, I've witnessed the power of psychotherapy in helping people from all walks of life secure emotional healing.” -*Dr. Audrey Davidheiser*

TREATMENTS:

Cognitive Behavioral Therapy (CBT).

Internal Family Systems (IFS) Therapy.

Eye Movement Desensitization & Reprocessing (EMDR) Therapy.

Emotionally Focused Therapy (EFT).

Somatic Therapy.



Whether you should see a therapist is a question best discussed between you and God.

May this year's *Mental Health Awareness Month* spur you on to strengthen your mental health like never before!

