

## Mental Health & Wholeness

# Mental Health

HOPE. HEALING. WHOLENESS.  
**A Biblical and Scientific Perspective**

YOU MATTER. YOU ARE NOT ALONE.

MentalHealthTalk 2026



## MENTAL HEALTH WORLDWIDE

CNN Health reported that a study in 2023 showed that 1.2 billion people worldwide had mental health issues, which was a 95.5% higher than in 1990.

Anxiety disorders and depression are the most prevalent mental health issues globally, with over 1 in 5 adults experiencing some form of mental illness in any given year.

# Our Heritage As Believers in Jesus

## 2 Timothy 1:7

For God has not given us a spirit of fear,  
but of power and of love and of a sound  
mind.

Even the greatest biblical figures experienced fear,  
grief, anxiety, and despair and God met them

- **Elijah**

Burned out, exhausted, asked to  
die (1 Kings 19:4–8). God's  
response: rest, food, and gentle  
presence and a purpose.

- **Jesus**

My soul is overwhelmed with  
sorrow to the point of death."  
(Matthew 26:37–38). The Son of  
God experienced deep grief.



...d drank, and  
...nder the tree.

The LORD is my shepherd;  
I lack nothing.

My Father, if  
may this cup be  
Yet not as I will

**Mental health struggles are not  
a proof of weakness but of our  
humanity**

## What Is Mental Health? A Whole-Person View

In the Christian tradition, good mental health—often referred to as a **sound mind**—is a state of spiritual, emotional, social and psychological wholeness, characterized by **resilience**, abiding peace (Shalom), inner contentment, and reliance on God and His promises. It is being able to realize full potential as a person, cope with stress, work productively, and be a contributor to society.”

## Mental Health Encompasses Every Dimension of Who We Are



## Mental Health Encompasses Every Dimension of Who We Are

### Scientific Perspective

Mental health is influenced by:

- Sleep
- Nutrition
- Trauma
- Stress hormones
- Social connection
- Physical activity/Exercise
- Spiritual practices

### 1. Physical Dimension

*Physical health and mental health are inseparable  
Scripture and Science both confirm this*

### Biblical Perspective

1 Corinthians 6:19-20

*Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought for a price, therefor glorify God in your body.*

**We are Stewards of the body that God has given us**

## 1. Physical Dimension

### *The Health of the Body Effects the Mind*

#### Scientific Evidence

- Exercise reduces depression and anxiety
- Sleep quality strongly impacts mood
- Nutrition affects brain chemistry – your gut is your 2<sup>nd</sup> brain
- Sunlight - *is vital for mental health as it triggers the brain's release of serotonin—a mood-boosting neurotransmitter. Daily natural light, particularly in the morning, regulates your circadian rhythm and cortisol levels, which stabilizes sleep, reduces anxiety, and directly prevents or alleviates symptoms of Seasonal Affective Disorder (SAD)*

## 1. Physical Dimension

#### EXERCISE

- Walking
- Resistance training
- Stretching
- Swimming
- Biking
- Nature walks
- HIIT - High Intensity Interval Training

A 2023 review of studies of 128,119 participants concludes that physical activity is highly beneficial for **improving symptoms of depression, anxiety, and distress**. From this evidence, the reviewers **recommend physical activity as a key treatment for these conditions**.

## 2. Physical Dimension

### *The Health of the Body Effects the Mind*

Experts say that **EXERCISE**:

- *Increases serotonin levels, linking to happiness, calmness, and focus*
- *Improves relaxation*
- *Releases endorphins, chemicals that lead to positive mood and feelings of well-being*
- *Distracts you from worries and negative thoughts*
- *Boosts feelings of self-esteem, control, or capability*

## Importance of Exercise

If exercise could be put in a pill... everyone would be taking it.



## SLEEP BENEFITS

...for he gives to his beloved sleep. Psalm 127:2

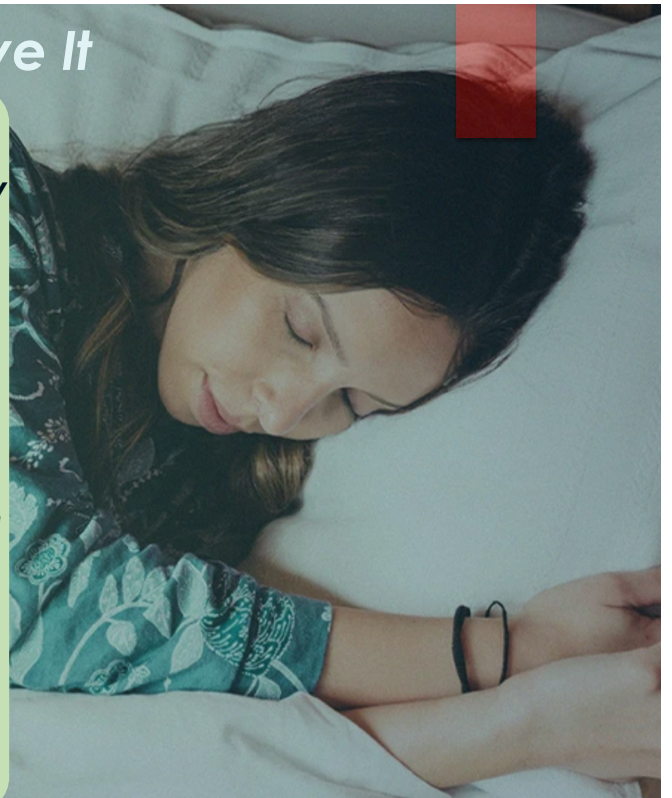
- **Critical for wellbeing.**
- **Weight Management**
- **Essential for memory building**
- **Critical for healing regeneration**
- **Critical for mental clarity**
- **Type 2 diabetes risk**
- **Depression**
- **Improve immune system**
- **Needed for mood stabilization.**

Guideposts

## SLEEP - Ways To Improve It

Regular sleep schedule / routine

- **Sleep 7-8 Hours**
- **Avoid caffeine, heavy meals, and spicy or sugary foods 4-6 hrs. before sleeping**
- **Last meal 2-3 hours before you eat**
- **Avoid screens 1 hour before you sleep**
- **Dark room, quiet, and cool temperatures**
- **Turn off wi-fi at night and keep your phone away from your pillow**
- **Deep breathing exercises**
- **15-20 minutes of sunlight in the morning resets your circadian rhythm and wakes you up**
- **Prayer/journaling before sleep**
- **Supplements: Melatonin, Ashwaganda Magnesium Glycinate/K2 L-theanine Valerian Root, Holy Basil, Banana**



# 1. Physical Dimension

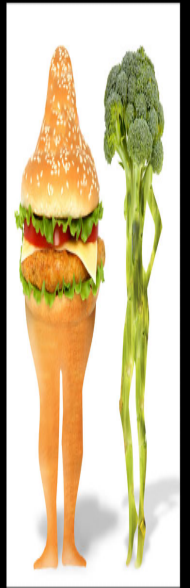
**NUTRITION AND HYDRATION** – We are what we eat!

Foods and supplements linked with better mental health


- Fish - Omega-3 fish oil high in DHA & EPA 1000mg combined/mood regulator
- Virgin Coconut oil
- Vegetables
- Berries - Brain food
- Protein -eggs, grass fed beef, lamb, chicken, fish, nuts, less pork
- Pre and Probiotics for gut health
- Fermented Foods – Kimchi, Sauerkraut - Gut health
- Avoid Excessive - Sugar, Alcohol, Gluten, Ultra Processed food - these cause inflammation


**Hydration with Water:** Weight in lbs / 2 / 8 ounces=# of 8 oz glass


- ▶ 130lbs divided by 2=8.125 rounded off to 8 glasses of water





*You Are What You Eat*

 Have plenty of vegetables and fruits

 Eat protein foods

 Choose whole grain

 Make water your drink of choice

 Make water your drink of choice

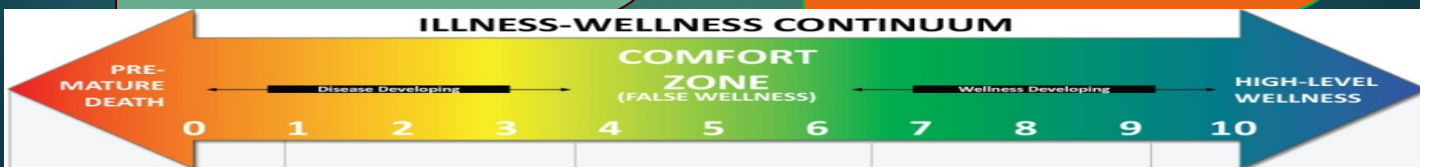


# UNHEALTHY

# HEALTHY



# INTAKE: HYDRATION



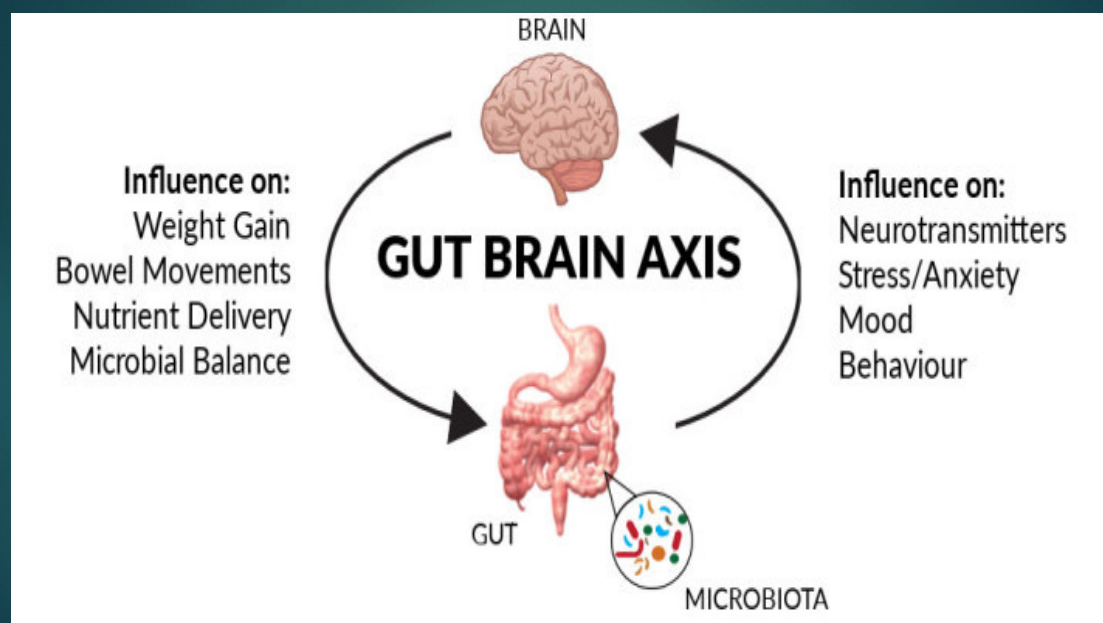
## Gut Brain Connection - Your Gut 2<sup>nd</sup> Brain!

Every neurotransmitter in the brain is connected to the gut

- Serotonin – happy hormone – 95% is produced in the gut from tryptophan
- Depletion of serotonin can manifest as depression
- Eat Tryptophan-rich foods: amino acid precursor to serotonin- eggs, tofu, salmon, oats, and nuts or seeds
- Consume Probiotics: Fermented foods like yogurt, kefir, kimchi, and sauerkraut to your daily diet
- Prebiotics (Fiber) whole grains, legumes, vegetables, and fruits.
- Limit Gut-Damaging Foods: Highly processed foods, trans fats, and artificial sweeteners

<https://www.mdedge.com/psychiatry/article/209413/depression/functional-medicine-offers-another-approach-treating>

## INTAKE: NUTRITION



# Connection with Nature - God's Creation

*The earth is the LORD'S, and all it contains, The world, and those who live in it. Psalm 24:1*

## Stress Buffering Outdoors

Nature is God's original reset button. Studies confirm that time in green spaces lowers cortisol, reduces blood pressure, and lifts mood. Even 20 minutes outside can shift your nervous system from stress to rest.

## Grounding

Acts as an antioxidant, reduces inflammation, improves muscle stiffness, decreases BP

? When was the last time you went out to Nature?

## 2. Social Dimension- Isolation Wounds; Community Heals

Humans are wired for connection-isolation is one of the greatest threats to mental health.

### SCRIPTURE FOUNDATION

"Two are better than one... if either falls, the other can help." **Ecclesiastes 4:9-**

"Carry each other's burdens." **Galatians 6:2**

"Do not give up meeting together, for by it some have suffered shipwreck." **Hebrews 10:24-25**

### SCIENTIFIC FINDING

Social support is one of the strongest predictors of resilience and emotional recovery. Studies show that coping skills combined with supportive relationships significantly improve mental health.



SIX PATHWAYS TO CONNECTION

Church Community	Accountability Partners
Be in a small Group	Christian Counseling
Time with Family and Friends	Volunteering/Service/Helping the Needy

## Parents WARNING ON SOCIAL MEDIA

Social media has a profound impact on mental health, acting as a double-edged sword. While platforms offer continuous connection and community, excessive use—particularly over 3 hours a day—is strongly linked to an increased risk of anxiety, depression, sleep disruption, and loneliness.

## SOCIAL MEDIA IMPACT ON CHILDREN

- ▶ Excess screen time during the critical first two years of life **can negatively alter toddlers' brain development**. It impacts **language acquisition, focus, and social-emotional skills, overstimulating vision at the expense of auditory and executive-function development**.
- ▶ Executive Function & Attention: MRI scans show that children with high screen exposure have **altered brain structures, including lower white-matter integrity, which is essential for early literacy, memory, and cognitive flexibility**.
- ▶ Pediatric guidelines: under 18 months should **avoid all screens** (excluding video chats with family). 18 to 24 months, media should **be limited to high-quality educational programming viewed with a caregiver**
- ▶ Ages 2 to 5: **Limit non-educational screen time to about 1 hour per day**. Prioritize high-quality educational programming over passive, fast-paced media
- ▶ The Two-Hour Tipping Point: Studies highlight that teens and children using screens for **more than two hours daily see a sharp increase in symptoms of depression, anxiety, and psychological distress**.

## INTAKE: SCREEN TIME

- > 2 hours social media
- Anxiety, Anger, Depression,
- Apathy
- Limits social interactions

- 30 minutes – 2 hours daily social media
- Use of phone for proper purpose



### 3. Emotional Dimension

Depression, Stress, Anxiety, and Fear

Even the greatest biblical figures experienced fear, grief, anxiety, and despair — and God met them there.

#### Symptoms of **Anxiety/Stress**

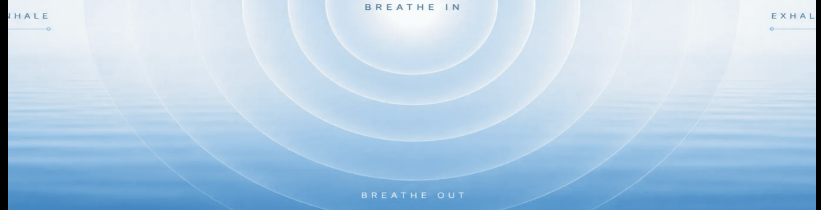
- Intense, excessive and persistent worry and fear about everyday situations and the future
- Feelings of Doom
- Symptoms might include sweating, restlessness, tense, rapid heartbeat or palpitations
- Panic attacks

## Breathe: A Practical Moment of Peace to Destress

Deep breathing activates the parasympathetic nervous system, calming the body and mind.

- 1 Inhale slowly through  
Nose for 4 counts
- 2 Hold for 7 counts
- 3 Exhale slowly through  
Mouth for 8 counts
- 4 Meditate on  
*Whatever is true, whatever is noble, whatever is right... think about such things.*  
**Philippians 4:8**

*Mindfulness-based interventions significantly reduce anxiety — some studies show effects comparable to medication for certain anxiety disorders*



Controlled, slow breathing stimulates the Vagus nerve, which activates your parasympathetic nervous system (the "rest and digest" mode) which reduces Cortisol the Stress Hormone

## Symptoms of Depression

- Feelings of fear, hopelessness, sadness, anger, numbness, frustration
- Changes in appetite, energy levels, excessive weight gain or loss
- Difficulty concentrating, making decisions
- Difficulty sleeping, nightmares, waking up in the middle of the night
- Physical manifestations – headaches, stomach issues, skin rashes, body pains
- Worsening chronic health problems
- Increased use of alcohol, tobacco, drugs
- Thoughts of suicide

**Herbs to help:** Omega 3 Fish Oil 1000 EPA&DHA, Saffron, B12 and B Complex

# Trauma, Grief & Emotional Healing: God Is Near the Brokenhearted

## BIBLICAL WITNESSES TO SUFFERING

**Job** - Lost everything; his suffering was real and prolonged

**David** - Wrote raw, honest psalms of grief and despair

- ▶ *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18*
- ▶ *“He has sent me to bind up the brokenhearted.” - Isaiah 61:1*



## Biblical Principles for Healing

### CLAIM THESE

- **Fear** - *Do not fear, for I am with you; Do not be afraid, for I am your God. I will strengthen you, I will also help you, I will also uphold you with My righteous right hand.’ Isaiah 41:10*  
*When I am afraid, I will put my trust in You. (David) Psalm 56:3 -*
- **Stress** - *Come to Me, all who are weary and burdened, and I will give you rest. “and you will find rest for your souls. - Matt.11:28–30*
- **Peace** - - *“Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. John 14:27*
- **Anxious** - *Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1Peter 5:6-7*

**Herbs** to Help with Anxiety and Fear - Ashwaganda, L-Theanine, Gaba

## 4. Mental Dimension - BIBLICAL PERSPECTIVE

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

**Romans 12:2**

➤ *“For as he thinks within himself, so he is.”*

**Proverbs 23:7**

➤ **Science Key Insight:** The biblical "renewing of the mind" closely parallels what neuroscience calls neuroplasticity - the brain's ability to rewire itself through repeated thought patterns.

## What You Think is Very Important

The **T.E.A.** Principle: Your

- ▶ **T**houghts- effect your
  - ▶ **E**motions -effect your
  - ▶ **A**ctions
1. Identify distorted /unhealthy thoughts
  2. Replace them with accurate, healthy thoughts based on God's Word.
  3. Build new mental habits through consistent practice

## HOW TO RENEW YOUR MIND

The "Renewed" Mind: Happens when you intentionally align your thoughts, attitudes, and perspectives with God's Word.

The Result: As your thinking changes, your behavior and actions naturally transform, allowing you to clearly discern God's will.

- ▶ **Daily Scripture Reading:** Immersing yourself in the Bible actively rewires negative, worldly thought patterns.
- ▶ **Intentional Reflection:** Set aside daily time to meditate on what God's truth says about you, your circumstances, and your purpose.
- ▶ **Guard Your Inputs:** Be mindful of the media, conversations, and influences you allow to shape your daily perspectives/worldview

“You move in the direction of your  
strongest thought”  
– Craig Groeschel

## 5. Spiritual Dimension – Most Important

"What comes into our minds when we think about God is the most important thing about us"  
A.W. Tozer

**BIG GOD - SMALL PROBLEM**  
**SMALL GOD - BIG PROBLEM**

**NEVER JUDGE GOD BASED ON CIRCUMSTANCES!**  
**JUDGE CIRCUMSTANCES BASED ON WHO GOD IS!**

## 5. Spiritual Dimension – Most Important Know God, Know His Word

**1. God is Sovereign and all powerful** - Isaiah 46:10,  
*My purpose will be established, And I will accomplish all My good pleasure."*

*"Nothing is impossible with Him."* Luke 1:37

**2. God loves you immeasurably!**- Psalm 103:11  
*"For as high as the heavens are above the earth, So great is His lovingkindness toward those who fear Him."*

## 5. Spiritual Dimension – Most Important

### 3. God is with you and for you - Romans 8:31

*If God is for us, who is against us...?*

### 4. God has good plans for you - Jeremiah 29:11

*"For I know the plans that I have for you," declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.'"*

**5. God will cause all things to work for your good - Rom. 8:28-29** <sup>28</sup> And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. <sup>29</sup> For those whom He foreknew, He also predestined to become conformed to the image of His Son.

## 5. Spiritual Dimension

### God gives us The Holy Spirit

Ephesians 1:13 - Having also believed, you were sealed in Him with the **Holy Spirit** of promise,

Acts 1:8 - "But you will receive **power** when the Holy Spirit comes upon you..."

Galatians 5:22-23 - ...the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness,** <sup>23</sup> gentleness, self-control;

### Source of Good Mental Health - Positive Emotions/Actions

Command - **Ephesians 5:18** - Be filled with the Holy Spirit

- Confess any known sin
- Ask the Holy Spirit to take control of your heart

## 5. Spiritual Dimension

The Reality of Spiritual Warfare - **Be Battle Ready**

**The Enemy** - Satan

John 10:10 - *The thief (Satan) comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. (Jesus Speaking)*

Know Satan's **Strongholds and Strategies**

Satan attacks on us are in our mind with lies, deceptions, accusations about God, His Word, ourselves and others and temptations.

## 5. Spiritual Dimension – Most Important

Spiritual Warfare - **Be Battle Ready**

**Strongholds of Satan- Mental Health Issues:** Anger, Bitterness, Unforgiveness-

2 Corinthians 2:10-11 - <sup>10</sup> *If I have forgiven anything, I did so for your sakes in the presence of Christ, <sup>11</sup> so that no advantage would be taken of us by Satan, for we are not ignorant of his **schemes***

Ephesians 4:31-32 - <sup>31</sup> *Let all **bitterness** and **wrath** and **anger** and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tender-hearted, **forgiving** each other, just as God in Christ also has forgiven you.*

Excuses for not Forgiving:

“I don’ feel like it yet.” “I need more time.” “They need to repent”

**“MOTION BEFORE EMOTIONS”**

## 5. Spiritual Dimension – Most Important

### Spiritual Warfare - BE BATTLE READY

Satan Messes with our minds! He knows the

The **T.E.A.** Principle

What you **T**hink.

Effects your **E**motions

Effects your **A**ctions

Example: **Eve**

## 5. Spiritual Dimension

### Spiritual Warfare - Be Battle Ready

Example of Satan's **Strategies** of Lie's and Deceptions

**Setting: Garden of Eden Perfect Environment**

**Satan**, "Indeed has God said, You shall not eat from any fruit in the garden?"

**Eve**, "You shall not eat from it or touch it, or you will die."

**Satan**, "You surely will not die! For God know that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

**Eve** - When she saw that the tree was good for food, a delight to the eyes and desirable to make one wise, she took from its fruit and ate; and she gave also to her husband and he ate..

## 5. Spiritual Dimension

Spiritual Warfare - **Be Battle Ready**

### Take EVERY THOUGHT CAPTIVE

2 Corinthians 10:3-5 - <sup>3</sup>For though we walk in the flesh, we do not war according to the flesh, <sup>4</sup>for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of **fortresses**. <sup>5</sup>We are destroying speculations and every lofty thing raised up against the knowledge of God, and **we are taking every thought captive to the obedience of Christ...**

### How to TAKE EVERY THOUGHT CAPTIVE

John 8:31-32

Jesus speaking- "If you **continue in My word**, then you are truly My disciples; <sup>32</sup> and you will **know the truth**, and the **truth will set you free.**"

- ▶ Don't allow your mind to be on **Auto Pilot!**
- ▶ Be **Aware** of what you are **Thinking**
- ▶ **Reject** the lies, the thoughts that contradict God's truth
- ▶ **Replace** with the the **Truth** - the teachings of Jesus.

It requires **Knowing Scripture, Prayer, and the Power of the Holy Spirit.**

## 5. Spiritual Dimension – Most Important

### GOD'S PROMISES FOR YOU!

#### Romans 10:11

*For the Scripture says, "WHOEVER BELIEVES IN HIM WILL NOT BE DISAPPOINTED."*

#### Psalm 38:8

*The Lord will accomplish what concerns me;  
Your faithfulness, Lord, is everlasting*

#### Matthew 28:20

*"...I am with you always, even to the end of the age."*

## KNOW YOUR IDENTITY and PURPOSE IN CHRIST

- **You are a New Creation:** The past is gone, and you have been spiritually reborn (2 Corinthians 5:17)
- **You are God's Masterpiece:** You are *handiwork* created with intention to do good works (Ephesians 2:10).
- **You are a Child of God:** You have been adopted into His family and given full access to the Father (1 John 3:1, Romans 8:15).
- **You are Fully Forgiven:** You are redeemed and washed clean through the blood of Jesus (Ephesians 1:7).
- **You are Victorious:** Through Christ, you are "more than a conqueror" and secure in His love (Romans 8:37).
- **You Are commissioned:** Go and make disciples of all nations... (Matt. 28:19-20)

# Claim This Truth!

2 Timothy 1:7

For God has not given us a spirit of fear,  
but of power and of love and of a **sound  
mind.**

**Live as a VICTOR not a VICTIM!**



## YOU ARE HELD

*"Nothing in all creation will be able to separate us from the love of God."*

— **Romans 8:38–39**

God cares for the whole person: mind, body, and spirit. **Hope, Healing is Yours in Christ.** You are not alone.

## Make a Daily Holistic Mental Health Plan

What will you:

**STOP DOING, START DOING, CONTINUE DOING**

- ▶ **PHYSICAL** - Exercise, Nutrition, Sleep
- ▶ **SOCIAL** - Connection/Service
- ▶ **EMOTIONAL** -
- ▶ **MENTAL** - Renewing the Mind
- ▶ **SPIRITUAL** - Spiritual Disciplines, Giving Thanks, Verses to Claim