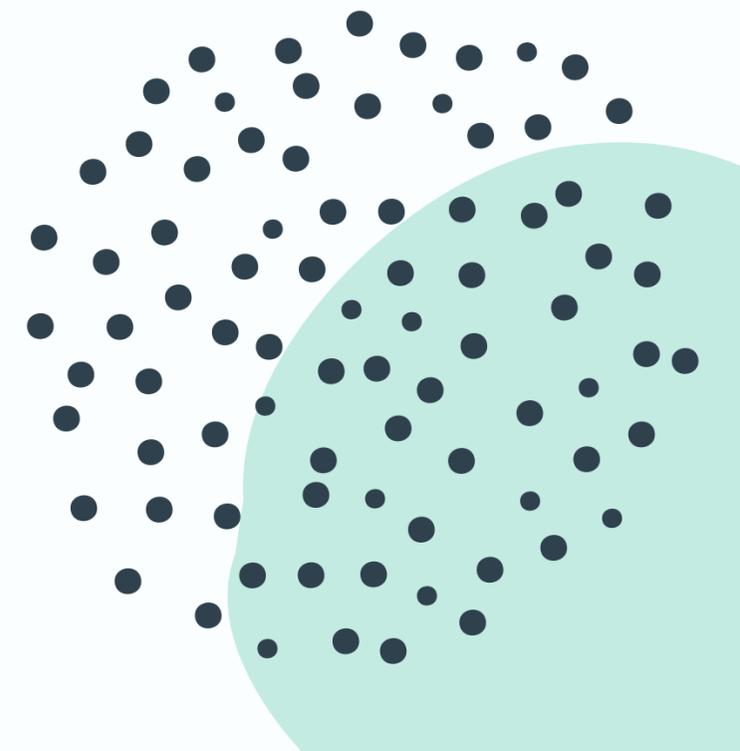


**MENTAL HEALTH
SERIES**

COPING WITH MENTAL AND EMOTIONAL STRESSES

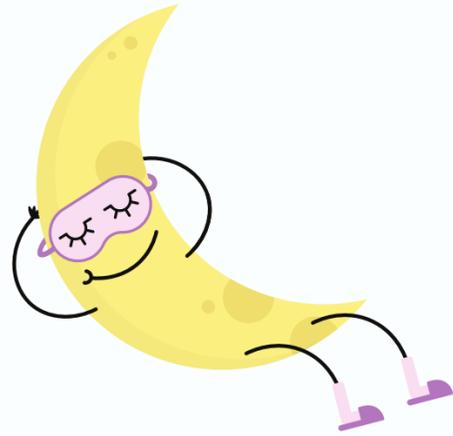


How to use this guide

The slides that follow were originally used during a sharing session. Some extra notes are added in to promote self exploration with regards to your own emotions and thought processes. This is just an introduction on how we can start reflecting about the way the we think and feel. Do connect with with me if you need any clarification or help in understanding the content of the slides. Due to space constraints, the contents are summarized. Take care and stay in the love of God to carry you through this period!

Blessings,
Mingli
chongmingli@faithmc.sg

Introduction



How many hours of sleep did you get yesterday?



Your favourite song?



What makes you smile?

1. Do not neglect the routine of having at least 7-9hrs of sleep per day.
2. Let the music that moves you calm your heart and give meaning to your experiences.
3. May we find pleasure in the simplest of things that God has given to us and give thanks.

Be intentional about what you are feeding your mind with throughout the day!

Conquer Your Blind Spots—Johari Window Model



Joseph Luft & Harrington (1955)

We need more self-awareness to aid in self control. The goal is to increase the quadrant of ARENA through self reflection and receiving feedback from the people whom we trust. Read up on Johari Window for more information online.

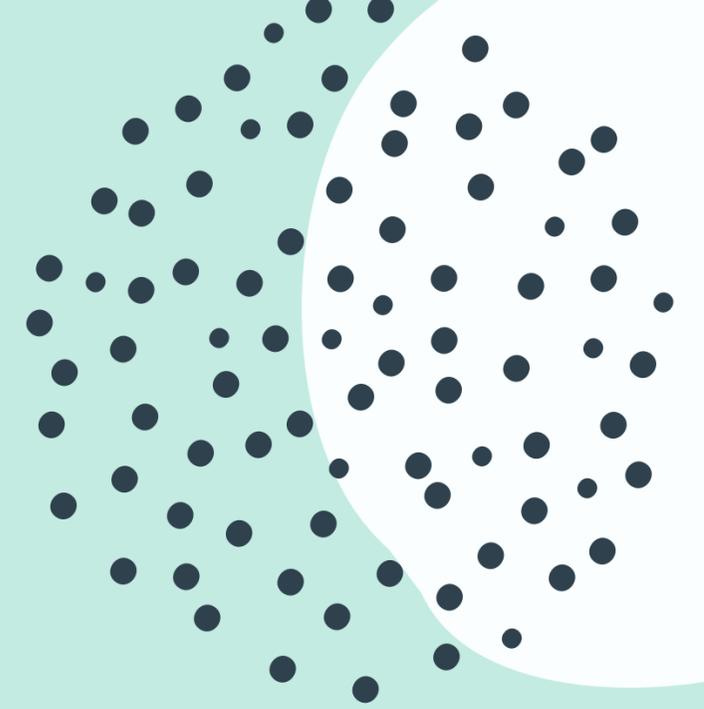
Cognitive distortions

Observe your thinking styles and become aware how it affects your feelings. (This list is non-exhaustive)

1. All or nothing: If a situation falls short of perfect, you see it as a total failure.
2. Personalisation/Blame: Holding yourself personally responsible for an event that isn't entirely under your control or blame other people or the circumstances for your problems entirely.
3. Disqualifying the positive: Discounting the positive takes the joy out of life and makes you feel inadequate and unrewarded.
4. Should/Oughts/Must statements: You tell yourself that things should be a particular way that you expect and there is no room for negotiation.
5. Emotional reasoning: You assume that your negative emotions necessarily reflect the way things really are
6. Jumping to conclusions: You interpret things negatively when there are no facts to support your conclusion. Includes mind-reading and fortune telling

My narrative

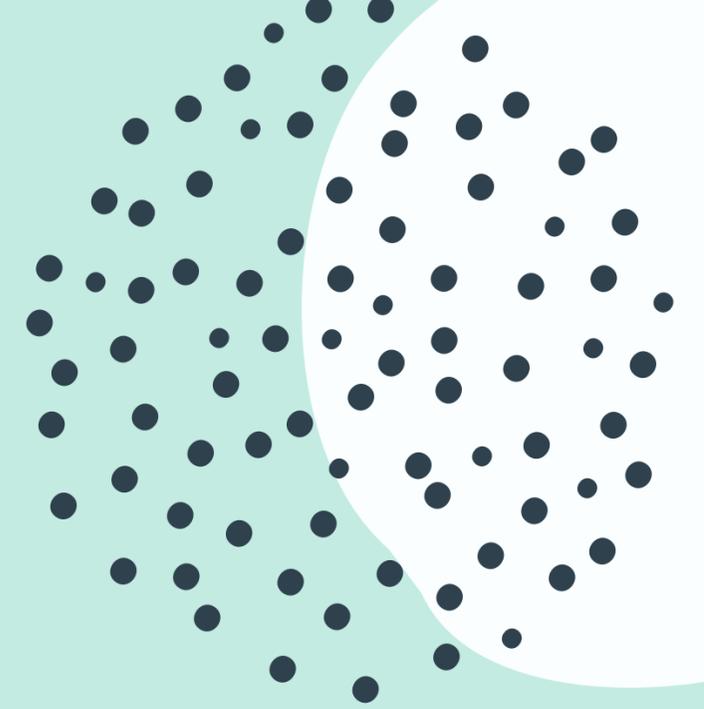
Recount the situation in your own words again with someone or in writing being as specific as you can with who was involved, what happened and the feelings and actions involved.



PURPOSE

- To see it from a distance and make observations that can help in the process of gathering new insights.
- Helps the self to make plans that can help to get what you want out of the situation you are in.
- Pray about your needs and desires and may God help us to align it to His will.

Observations



ACKNOWLEDGE

- What happened?
- How I felt
- What I did that helped or not helped
- What was within my control?

AWARE

- Emotions (scale on 1-10)
Where would I be comfortable with?
- What can I do to get there?
- Unhelpful thoughts vs helpful thoughts (principle of flexibility and balance)

ACTION

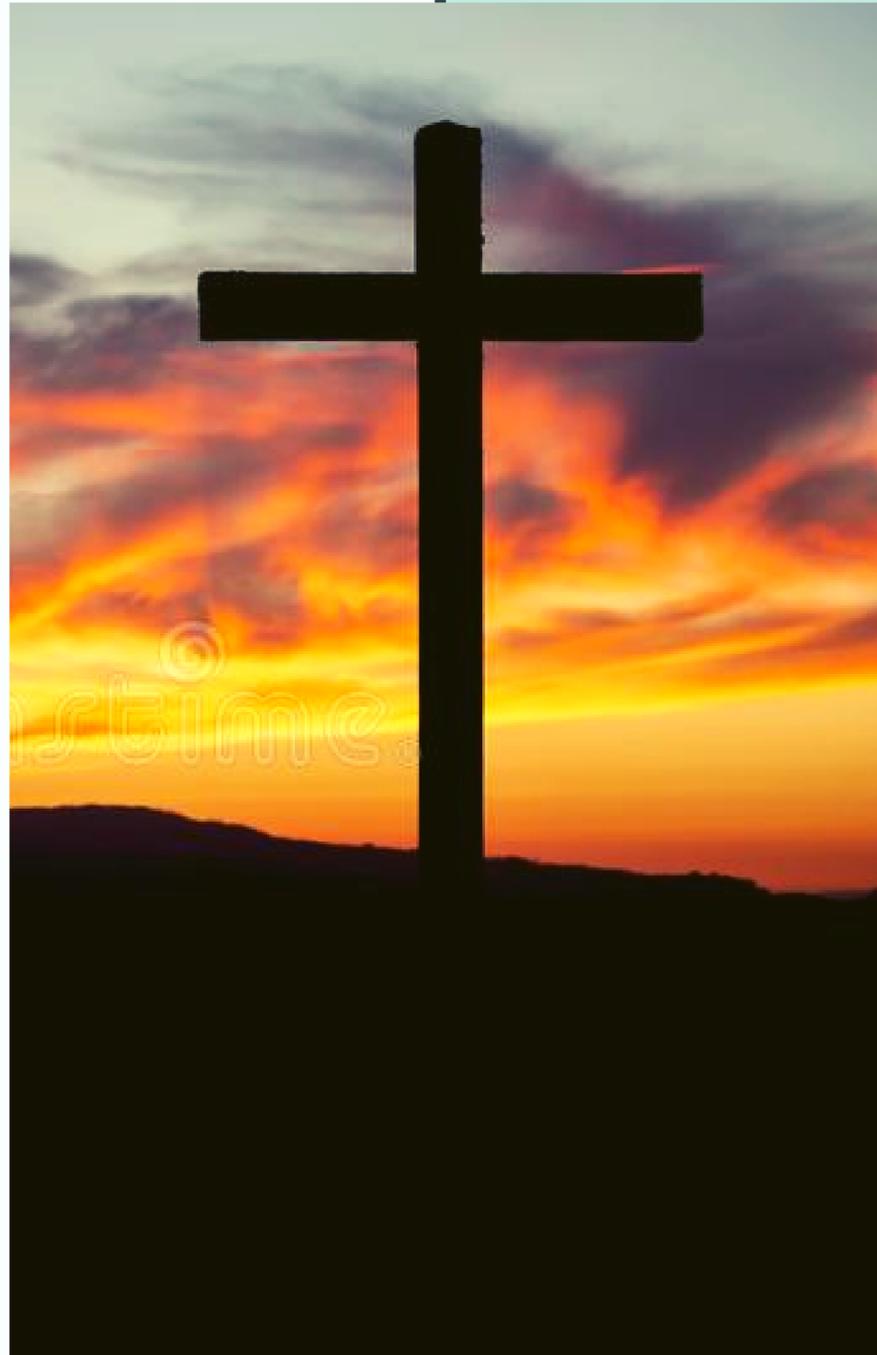
- What is one thing I can do to help myself?
- How can I affirm myself?
- Commit your plans unto the Lord.

Regulating emotions takes practice



- Meeting our needs can help release the right chemicals into our body to feel good (dopamine, oxytocin, serotonin) and manage the release of cortisol and adrenaline
- Emotions need to be acknowledged as you reflect and give meaning to it
- Practice giving empathy to self and others
- Always check your perceptions and be open to modify it if evidence demands it
- Focus on what is within my control and being realistic with what I am responsible for.
- Grow a list of self-soothing activities to help yourself stay calm and connected to your emotions.

Where is God in my life?



Above all

SEEKING AND LAYING OF BURDENS AT THE CROSS

"You will seek me and find me when you seek me with all your heart." Jer 29:13

"The name of the Lord is a strong tower, the righteous man runs into it and is safe." Pro 18:10