

Mental Health & Emotional Wellness Bible Study

Green Acres Women July 7, 2020

Anxiety and Depression with Amy Waters, MAMFC, LPC-S

Labels: A word about Diagnosing

Diagnosis: the art or act of identifying a disease from its signs and symptoms.

Psychology: A Word About the Soul

The OT word for soul is *nephesh*: it can be defined as soul, life, will, breath, person, desire, emotion, body, or whole being. The soul is the very essence of existence, the seat of human emotion and desire, the whole self.

- ❖ The soul gets thirsty: Psalm 42:2 *My soul* thirsts for the living God
- ❖ Hungry: Psalm 63:5-8, *My soul* is satisfied as with a rich feast
- ❖ Tired: Psalm 62:1 *My soul* finds rest in God alone or Psalm 23: 2-3 He restores **My soul**
- ❖ Afraid – it needs refuge: *My soul* takes refuge
- ❖ Overwhelmed: Psalm 31:9-10 My eye wastes, *My soul* and my body also
- ❖ Troubled: Psalm 6:3 - *My soul* also is greatly troubled
- ❖ In danger: Psalm 57:4-6 *My soul* was in the midst of lions, my soul was bowed down
- ❖ Downcast/sad: Psalm 42 and 43 – Why are you downcast, Oh *My soul*?

If what happened in Jesus' body matters, then so does what happens in yours.

Anxiety

Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. Anxiety is a normal and very common emotion. It's the sense of uneasiness or dread you feel before a significant event. It can serve us by helping us stay alert and aware, but for those suffering from an anxiety disorder, it feels far from normal - it can be completely debilitating.

Common Types of Anxiety Disorders

1. GENERALIZED ANXIETY DISORDER (GAD)
2. PHOBIAS
3. SOCIAL ANXIETY DISORDER
4. OBSESSIVE COMPULSIVE DISORDER (OCD)
5. POST TRAUMATIC STRESS DISORDER (PTSD)
6. PANIC DISORDER

Depression

Depression is one of the most common mental illnesses existing today, so much so that it has been dubbed the “common cold of mental disorders.” Although the term is often used to describe normal emotional reactions, depression is a whole body illness, affecting feelings, thoughts, behavior as well as physiological functioning.

Common Types of Depressive Disorders

1. MAJOR DEPRESSIVE DISORDER
2. DYSTHYMIC DISORDER
3. BIPOLAR DISORDER
4. CYCLOTHYMIC DISORDER
5. POSTPARTUM DEPRESSION
6. PREMENSTRUAL DYPHORIC DISORDER
7. SEASONAL AFFECTIVE DISORDER
8. ATYPICAL DEPRESSION

ADJUSTMENT DISORDER and **BEREAVEMENT** are examples of when you might feel anxious or depressed, but they are connected to events and therefore expected.

Ways to Heal

<u>Heart</u>	<u>Mind</u>	<u>Body</u>	<u>Spirit</u>
Tell your story	Challenge Beliefs (ABC's)	Breath	Prayer
Identify Emotions	Memorize Verses	Exercise	Meditation
Lament	Write out Thoughts	Muscle Relaxation	Worship
Community/Friends	Read a book	Mindfulness	Gratitude
Delight	Statements of Faith	Eat nourishing food	Service
Art	Journal	Sleep/Rest	Stillness

*See attached sheet

When Do I Seek Help?

You don't have to be in a tough situation to seek counseling. Even in the mental health world, there is room for both sick care AND health care. Come anytime! *“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.” Proverbs 11:14*

- ❖ Am I doing all I know to do and still don't feel relief?
- ❖ Is my daily functioning disrupted or impaired?
- ❖ Are others expressing concern or has someone said, “you should talk to someone about that?”
- ❖ Are my emotions overwhelming to me?
- ❖ Am I having a hard time “connecting my head to my heart?”

Recommended Reading

THE SOUL OF SHAME BY CURT ANDERSON

THE BODY KEEPS THE SCORE BY BESSEL VAN DER KOLK (TRAUMA)

HOW PEOPLE CHANGE BY PAUL TRIPP

THE MINDFUL CHRISTIAN BY DR. IRENE KRAEGEL

THE ANXIETY CURE BY DR. ARCHIBALD HART

LIVING BEYOND POSTPARTUM DEPRESSION BY JERUSHA CLARK

TURNING YOUR DOWN INTO UP: A REALISTIC PLAN FOR HEALING FROM DEPRESSION BY GREGORY JANTZ

BRAIN LOCK BY JEFFREY SCHWARTZ (FOR OCD AND INTRUSIVE THOUGHTS)

THE VALLEY OF VISION (A COLLECTION OF PURITAN PRAYERS)

IT'S NOT SUPPOSED TO BE THIS WAY BY LYSA TERKEURST (ON DISAPPOINTMENT AND LOSS)

<https://www.crosswalk.com/faith/spiritual-life/10-things-you-should-know-about-christian-meditation.html>

The Journeywomen Podcast

Hidden in my Heart Scripture Lullabies