

# **FAITH AND MENTAL HEALTH**

**MENTAL WELLBEING –  
TO BE HUMAN**

- **WHAT IT MEANS TO BE HUMAN**
- **IS IT OK TO BE ORDINARY OR DO I NEED TO BE EXTRAORDINARY?**
- **TO ACHIEVE OR TO SUPER-ACHIEVE**
- **PERFORMANCE INDICATORS – EVALUATION**
- **TIME & MOTION STUDIES**
- **EFFICIENCY**
- **PRODUCTIVITY**
- **WHO IS THE AGENT IN ALL OF THE ABOVE?**

# MENTAL HEALTH

- MENTAL HEALTH /MENTAL WELLBEING
- HOW DO WE UNDERSTAND IT?
- TO FLOURISH - THE YOU AT YOUR 'BEST SELF'
- TO FLOUNDER – THE YOU AT YOUR 'WORST SELF'
- THE ROLE OF STRESS
- **THE KEY ROLE** – THINKING, HOW I THINK ABOUT MYSELF,  
MY WORLD, MY FAMILY, MY WORK

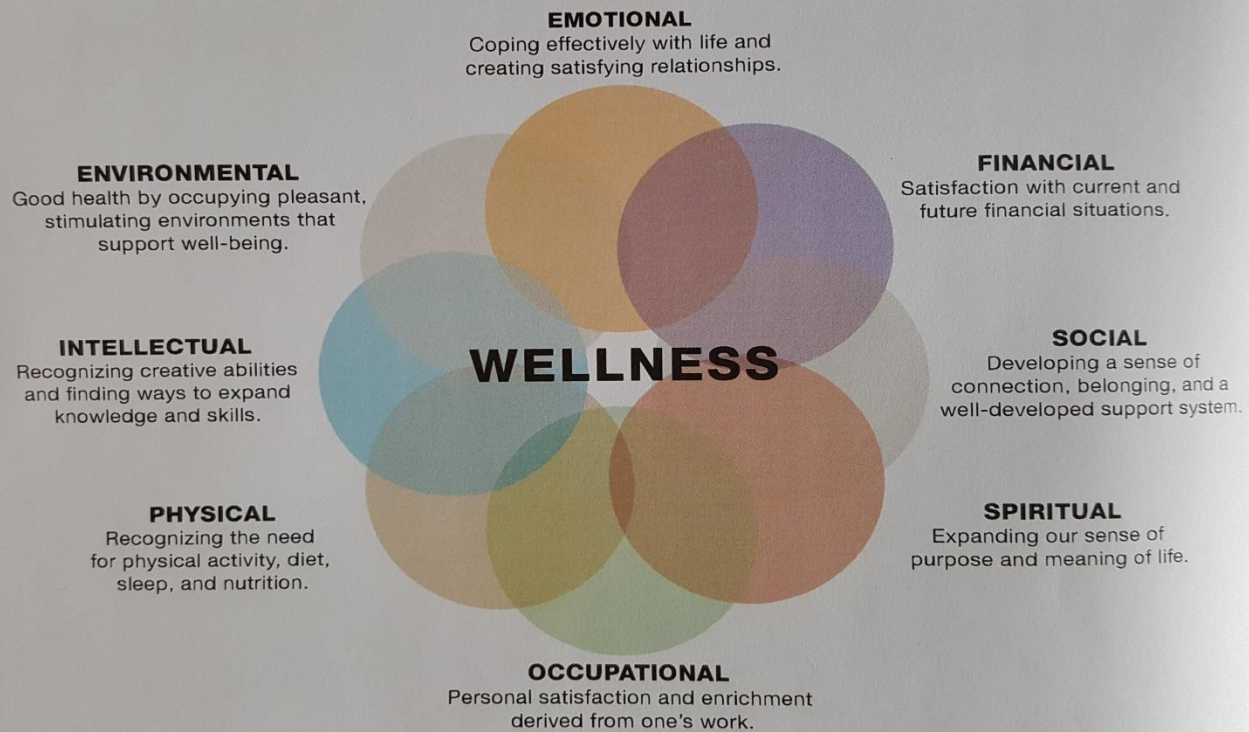
- **THESE ARE PICTURES I HAVE IN MY HEAD**
- **I EVALUATE MYSELF & MY EXPERIENCE IN RELATION TO THEM**
- **T - THINKING – STRAIGHT/CROOKED**
- **F - FEELING –**
- **A – ACTING (DOING) –**
- **EX: CUP OF TEA/COFFEE – MY PICTURE DRIVES MY BEHAVIOUR**

- **FRUSTRATION – THE EXPERIENCE OF MY PICTURE BEING THWARTED, NOT WORKING OUT THE WAY I WOULD LIKE, MY ‘SELF TALK’ AS THE MOMENT/EXPERIENCE IS UNFOLDING**
- **THE HAEMORRHAGING OF ENERGY –**
- **IT NEEDS A LIGATURE**

# MODELS

- MEDICAL MODEL OF MENTAL HEALTH
- THE PSYCHOLOGICAL/PSYCHOSOCIAL MODEL

## Recovery, Wellness and Building Resilience<sup>4</sup>



A Holistic Guide to Whole-Person Wellness

# A Holistic Guide to Whole-Person Wellness (1)

- **Wellness means overall well-being. For people with mental health and substance use conditions, wellness is not simply the absence of disease, illness, or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life. Building Resilience and Maintaining Wellness Being resilient means a person is able to cope with challenges, trauma, threats, or other forms of stress.**



# A Holistic Guide to Whole-Person Wellness (2)

- **Getting help for mental health conditions can improve one's ability to take other steps to build resilience. To strengthen resilience, people need to:**
  - Build connections with family and friends**
  - Accept that change is a part of living—some goals may no longer be attainable as a result of changing situations**
  - Reach out to help others**
  - Develop realistic goals and take small, regular steps toward them**
  - Look for growth in loss**
  - Nurture a positive view of yourself**
  - Trust instincts**
  - Take care of themselves; they can't help others if they are unwell themselves**
  - Boost mental health by remembering that the mind and body are connected—eat right, exercise, get enough sleep, and take care of health problem**

- **MENTAL ILLNESS - LACK OF WELLBEING**
- **ROLE OF MEDICATION/ OF TALKING/  
ENCOUNTER**
- **MEDICATION HAS A KEY ROLE BUT NOT THE  
ONLY ONE**
- **MUSTABATORY THINKING – MUST, SHOULD,  
OUGHT, HAVE TO**
- **I CHOOSE TO \_\_\_\_ I CHOOSE NOT TO \_\_\_\_**

# FRAME OF REFERENCE

- **FRAME OF REFERENCE**
- **WHERE I WORK FROM – MY UNDERSTANDING**
- **WE RECOGNISE WHAT WE KNOW**
- **SO WE ARE ENABLED TO ENGAGE WITH IT**
- **AWARENESS – SELF CONSCIOUSNESS**
- **I'M AWARE THAT I'M AWARE**
- **THIS LEADS US TO THE 'MORE' IN THE HUMAN EXPERIENCE – THE SPIRITUAL ASPECT**

# FAITH

- **FAITH CAN PLAY A ROLE IN MENTAL HEALTH**
- **FROM PSYCHIATRY : A PERSON WHO HAS A BELIEF SYSTEM WHETHER FAITH BASED, HUMANISTIC NIHILISTIC COULD ALWAYS MAKE PROGRESS**
- **PERSON WHO HAD NONE : MEANINGLESSNESS OF LIFE , FUTILITY FEELINGS – DIFFICULT TO ENGAGE**

- **FAITH IS ABOUT RELATIONSHIP – GOD**
- **SO MUCH IS WRITTEN, DEBATED ABOUT FAITH AND ITS ABSENCE OR PRESENCE AND ITS 'ISNESS'**
- **HOW WOULD YOU DESCRIBE/ACCOUNT FOR FAITH, IF IT'S REAL**
- **MY RESPONSE: MAN IS CREATED TO PRAISE, REVERNCE AND SERVE GOD OUR LORD AND BY THIS MEANS TO SAVE HIS SOUL.**

- **'MY DAILY PRAYER IS THAT I BE TRUE TO MY OWN INNER WORLD THAT I DO NOT BECOME STUNTED'. *HERMANN HESSE***
- **I KNOW GOD SOMEHOW WITHIN ME**
- **CALL TO LEAVE FARMING IN 1981**
- **SEMINAL MOMENT : ENERGY & FEAR BUT GOD'S PRESENCE WAS KNOWN HERE LIKE SOME FLAS OF RESURRECTION IN ME SOME TRANSFORMATION OF THE PAIN OF NOT BEING FULFILLED HERE BUT TO STEP OUT AND FOLLOW THE LORD GAVE ME PEACE.**

- PEACE TURNED INTO A '**SETTLED FEELING INSIDE**'
- FAITH AS EXPERIENCE OF GOD REVEALING TO ME MY **TRUE SELF** AND MY **FALSE SELF**
- ***EVERY ONE OF US IS SHADOWED BY AN ILLUSORY PERSON: A FALSE SELF ... THE WAY TO FIND THE REAL WORLD IS NOT MERELY TO MEASURE AND OBSERVE WHAT IS OUTSIDE OF US, BUT TO DISCOVER OVER OWN INNER GROUND ... IN MY DEEPEST SELF. THOMAS MERTON***

- **THE PERFORMER**
- **THE CHILD**
- **THE CRITIC**
- **THE PENDULUM SWINGING BETWEEN  
DIFFEERENT MODES**
- **AN EXPERIENCE OF FLUX BETWEEN THESE**
- **KNOWING THE BATTLELINES IS THE  
BEGINNING OF FREEDOM**



- **THIS MOOD WAR EXISTS TO SOME EXTENT IN EACH OF US**
- **MOODS LIKE INTERIOR WEATHER – LARGELY UNCONTROLLABLE**
- **MOODS LIKE FLOWERS & WEEDS IN A GARDEN – WITH A LITTLE ATTENTION THE WEEDS CAN BE KEPT IN THEIR PLACE, THEN THE FLOWERS CAN FLOURISH**

- **IN THE MOOD WAR – FLUX OF CONSOLATION & DESOLATION**
- **CONSOLATION: NOT AN INTENSE FEELING OF ALIVENESS BUT A SENSE THAT THE FLOW OF LIFE CAN BE OUTGOING TOWARDS GOODNESS, CREATIVITY & LOVE**
- **‘INNER STRUGGLE IS DUE TO A DIVIDED SELF’**
- **AWARENESS IS CRUCIAL!**
- **CATCH A GLIMPSE OF MY 2 SELVES – THE ANGEL AND THE DEMON**
- **ROAD TO WELLBEING IS AWARENESS & NOT TO DWELL TOO LONG IN DESOLATION**

- **‘THOSE WHO BELIEVE IN GOD & THOSE WHO CANNOT DO SO ARE EQUALLY IN NEED OF GLIMPING ‘THE CALM EXISTENCE THAT IS MINE WHEN I AM WORTHY OF MYSELF’**  
*W. WORDSWORTH*
- **FAITH AS LIVED LIFE EXPERIENCE WITH GOD, MY RESPONSE ....**
- **ESCAPING STRANGE GODS – SEARCHING BY PEOPLE IN TODAYS WORLD**

## 2 PROBLEMS

- PROBLEMS OF (1) SELF WORTH (2) IMAGES OF GOD
- CONVERSATION WOULD NEVER START ABOUT GOD, BUT WITH HIDDEN FEELINGS; LONELINESS, ANXIETY, FAMILY CONFLICT, RELS., BEREAVEMENT
- LISTENING, BEING ATTENTIVE & ATTENDING TO THE PERSON WOULD UNEARTH 'HIDDEN TREASURE', THE GOOD NEWS BEHIND THE BAD

# TRUE SELF

- **THE TRUE SELF EMERGING, A SENSE OF FLOURISHING, LESS DISSONANCE**
- **'GOD LOVES ME, JESUS LOVES ME THIS I KNOW ...**
- **PICTURE OF FAITH – TRUE/FALSE PICTURE OF GOD ... I TOO AM AN ATHEIST OF THIS KIND OF GOD ... IMAGES OF GOD AS JUDGE & PUNITIVE, CATCH YOU OUT GOD, STRICT, NOT GOOD ENOUGH FOR GOD, ONLY THE IDEAL IS ACCEPTABLE & THE IDEAL TURNS OUT TO BE IMPOSSIBLE**

- ***‘THERE IS NOTHING SO DANGEROUS AS RELIGION. IT CAN CONGEAL INTO LEGALISM AND RITUALISM’*** WALTER KASPER
- ***THE ONLY GOD WORTH BELIEVING IN IS THE GOD WHO BELIEVED ENOUGH IN PEOPLE TO DIE FOR US.***
- ***THE ONLY GOD WORTH LIVING FOR IS THE ONE WHO CALLS US TO LIVE WITH HIM, THROUGH DARK FAITH IN THIS LIFE, AND BEYOND DEATH FACE-TO-FACE FULLNESS.***

- ***THE ONLY GOD WORTH SEARCHING FOR IS THE ONE WHO SEARCHED FOR US AND WHO STILL STRUGGLES WITHIN US IN ORDER THAT WE MAY BECOME MORE FREE TO LOVE.***

# BARTIMAEUS. MK 10

- **DRAMATIC STORY OF BARTIMAEUS. MK 10**
- **ALLOW YOURSELF TO IDENTIFY WITH THE BLIND BEGGAR ON THE ROADSIDE, IN WHAT SENSE DO YOU NOT SEE, IN WHAT SENSE ARE YOU IN NEED**
- **BARTIMAEUS IS ABLE TO SEE AND FOLLOW 'ON THE WAY' HE EXPERIENCES WELLBEING**
- **RISE UP, TAKE HEART A CALL TO EACH OF US**



# CONCLUSION

- **FAITH & MENTAL HEALTH ARE INTERWOVEN**
- **THE GREAT WEAVE OF MANY THREADS WHEREIN THE DESIGN OF THE KINGDOM WAY OF LIFE UNFOLDS AND WELLBEING IS EXPERIENCED IN THE WEAVER'S BEING**
- **THE CHRISTIAN STORY IS A DOUBLE PLOT OF 'DOWN & OUT' LOVES COMES DOWN IN JESUS AND GOES OUT TO OTHERS;**
- **PURPOSE, MEANING, MISSION = WELLBEING**