

Mental Wellness and Soul Care

At A Time Of Disruption

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Speaker:

Ps Chua Seng Lee

Dy Snr Pastor,
Bethesda (Bedok-Tampines) Church

Organised by:

Bethesda (Katong) Church

17 Pennefather Road
Singapore 424441
Tel. 63455752

Training outcomes:

- Understanding the Mental Health Landscape (esp for younger people).
- Acquiring basic handles for soul care.

1 Introduction

- What do you hope to learn today?

2 Causes of Emotional Maturity Delay

i.

ii.

iii.

iv.

v.

vi.

vii.

3 Sources of Stress

- i. Self

- ii. Others

- iii. Events

4 Understanding Mental Health & Depression

- **What is Mental Health?**
 - Mental health includes our emotional, psychological, and social well-being.
 - It affects how we think, feel, and act.
 - It also helps determine how we handle stress, relate to others, and make choices.
 - Mental health is important at every stage of life, from childhood and adolescence through adulthood.

- **Factors contribute to mental health problems:**
 - Biological factors
 - Life experiences
 - Family history
 - Mental health problems are common, but help is available.
 - People with mental health problems can get better and many recover completely.

- **Depression is known as the “common cold” of Mental Illness.**
 - It is a Bio-Chemical disorder.
 - 35% due to genetic & 65% due to environmental factors.

- **Diagnostic Criteria of Depression**
 - Low mood most times of the day (> 2 weeks)

 - Decreased interest or pleasure

 - Loss of Appetite with weight loss; or increased appetite with weight gain

 - Insomnia/hypersomnia

 - Agitation or motor retardation

 - Fatigue or loss of energy

 - Feelings of worthlessness or excessive guilt

 - Decreased concentration/indecisiveness

 - Recurrent Suicidal ideas

5 Whole Person Approach

1 Thessalonians 5:23 *Now may the God of peace Himself sanctify you entirely; and may your **spirit and soul and body** be preserved complete, without blame at the coming of our Lord Jesus Christ.*

- We need to engage all 3 areas ie body, soul and spirit.
- Ignoring any area will limit the effectiveness of healing.

BODY	SOUL	SPIRIT
DUST, PHYSICAL & 5 SENSES	MIND, EMOTION, WILL	RELATIONSHIP, CONSCIENCE, DISCERNMENT
Development & Decay	CONNECT THE HEART BEFORE THE MIND, THEREBY EMPOWER THE WILL	REPENTANCE, THANKSGIVING, PRAISE & WORSHIP
Rest, Diet, Exercise, Medicine	Counselling, Community, Equipping eg SOULCARE	Healing, Deliverance, Worship

6 Caring for the Body

6.1 Knowing the types of depression

- Major Depression
- Persistent Depressive Disorder
- Bipolar Disorder
- Seasonal Affective Disorder
- Psychotic Depression

6.2 Side effects of medication

SIDE EFFECT	SSRIs	SNIRs	TCAs	MAOIs	SARIs	Bupropion	Mirtazapine	Vilazodone	Vortioxetine
Headache	X	X	X	X	X	X			
Diarrhea	X			X	X	X		X	X
Dry Mouth	X	X	X	X	X	X	X	X	X
Fatigue	X	X	X		X	X	X	X	
Sweating	X	X	X			X			
Dizziness	X	X	X	X		X	X	X	X
Blurred Vision			X		X	X			
Sexual Issues	X	X	X	X				X	X
Drowsiness	X	X	X	X	X		X	X	
Insomnia	X	X	X			X		X	
Weight Gain	X		X	X	X		X		
Weight Loss		X			X	X			

6.3 Happy Hormones

- Endorphins block pain. They are the body's natural painkillers.
- Serotonin boosts our mood.
- Dopamine is a "pleasure" hormone and is stimulated when we strive towards a goal.
- Oxytocin is the "love" hormone released upon physical contact eg hugs.

Cortisol: Primary, essential stress hormone, though its increase in response to stress is a little slower than adrenaline's response.

Adrenaline (also called epinephrine) is your immediate-response stress hormone.

6.4 Summary

- Stresses are real. Depression can be fatal. Signs and Symptoms to spot depression.
- There are Practical help available. Our sickness does not define us.
- Take care of yourself before you can take care of others.
- Body Care: Rest, Eat, Sleep, Talk.

7 Caring for the Soul

Building Bridges	How
Genuine	Communicate Authenticity
Respect	Communicate Worth
Empathy	Communicate Understanding
Warmth	Communicate Affection

- Empathy – Reflective Listening

3 Steps to Understanding Reflective Listening:

- Identify the feeling content that you hear expressed – what are the emotions being expressed here?
- Identify the thought content that you hear expressed – what is the person talking about?
- Tentatively summarize what you hear in your own words

What to listen up for ie ANTS

	ANTS	Yes	No	Sometimes
1	Overgeneralization ie Always, Never			
2	Filtrating ie only the negative			
3	All or nothing			
4	Personalising ie carrying everybody's monkey			
5	Catastrophising ie what if...			
6	Emotional Reasoning			
7	Mind Reading			
8	Fortune Telling ie negative as facts			
9	Should statements ie live by rules			
10	Magnification (-ve)/Minimization (+ve)			

7.1 Healthy Thinking Habits

How to overcome ANTS?

Rom.12:2 - And do ***not be conformed*** to this world, but ***be transformed by the renewing of your mind***, so that you may prove what the will of God is, that which is good and acceptable and perfect.

- **Identify the ANTS**
 - You cannot fight an invisible enemy.
 - You need to know what is troubling you.
- **Evaluate the ANTS**
 - How has this ANTS affect you?
 - Do you want this ANTS to continue? Challenge it
- **Replace the ANTS**
 - What would be a more reasonable/objective statement?
 - What can I do something about?

Good thoughts	Unhealthy thoughts
True	False/Fake news
Honorable	Horrible thoughts
Right	Wrong thinking
Pure	Polluted thinking
Lovely	Ugly thoughts of self / others
Good repute	Blaming self /others
Excellence	Inferiority complex
Worthy of Praise	Critical of self / people / ideas

7.2 Healthy Emotional Habits

- **What is Emotional Maturity?**

Emotional maturity is when someone can manage their emotions no matter their circumstances.

- **Different ways of Dealing with Emotion**

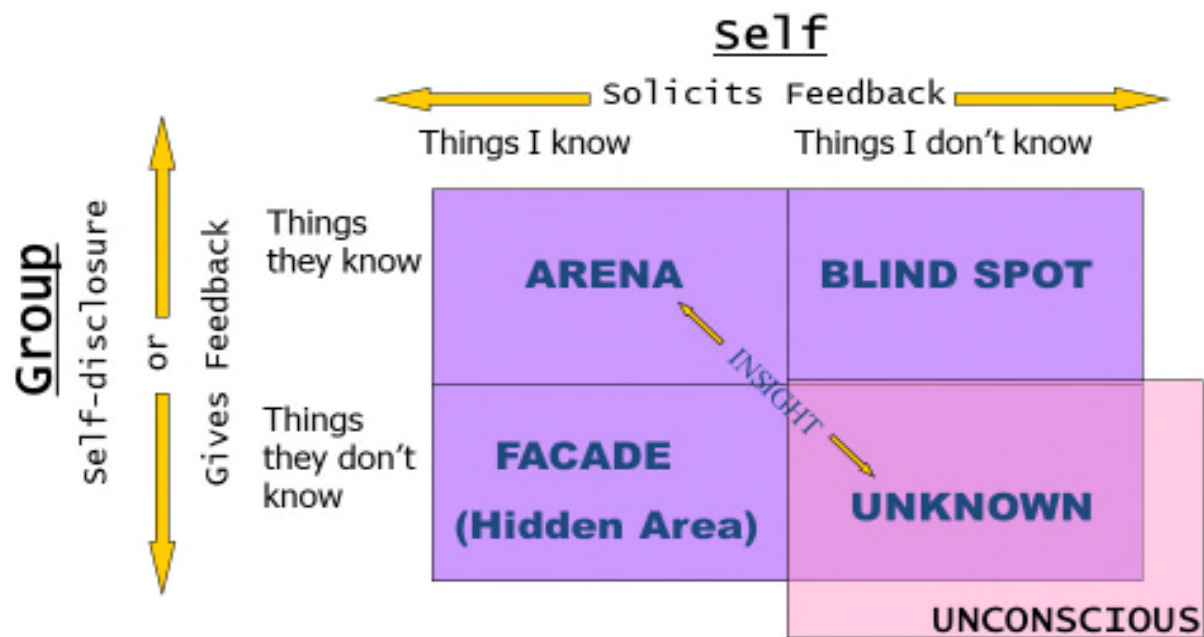
ADDRESS negative self talk with Scripture		
When you hear:		Replace it with:
<i>I am not good enough for this company.</i>		I have been chosen by God to bear fruit. John 15:1-5
<i>I have no future henceforth.</i>		I have a divine purpose and calling. Eph 2:10 & Col 1:9
<i>I am feeling defeated. I should just give up.</i>		I am victorious! I can overcome! 1 John 5:4
<i>I am too broken and distraught to go on.</i>		I have a heart & mind that is protected with God's peace. Phil 4:7
<i>I am stuck in this unhealthy place.</i>		I am set free! Rom8:2 & John 8:32
<i>I am a jink, reject....</i>		I believe I am precious in Christ.

- Exposing the emotion and blind spots

- Suppression and Repression

- Confession

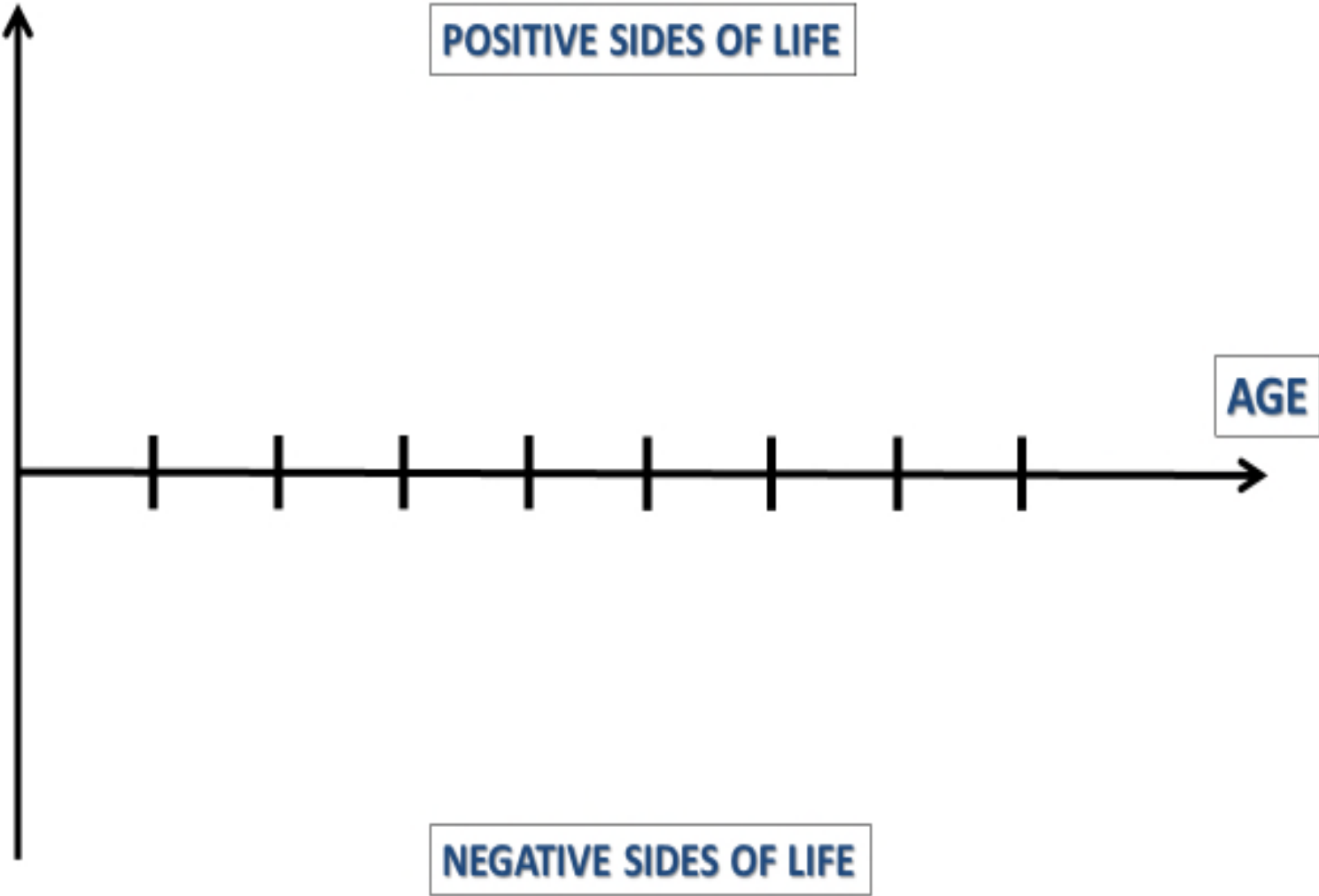
The JOHARI window model



Tutoring our emotions:

- i. Transferring our emotion
- ii. Topping up our emotion

Topping your Emotion



Tutoring our emotions ('cont):

- iii. Anger management

- iv. Prison of unforgiveness

- v. Place for Tears and Silence

- vi. Emotional Drought

7.3 Healthy Relating Habits = GREW

Building Bridges	How
Genuine	Communicate Authenticity
Respect	Communicate Worth
Empathy	Communicate Understanding
Warmth	Communicate Affection



Invalidation	Validation
Oh, you don't really feel that way.	I can see that you feel awful about this.
No, you don't really think like that.	I think I understand how you see this.

Showing Warmth – Communicating Affection

- Warmth is communicating caring love to another person.
- It is communicated through our mannerisms, actions and facial expressions more than our words.

Using SOLARTEA

S ensitive seating/spacing O penness L eaning forward A ppropriate Eye Contact R elax	T ouch E nvironment A ccommodate differences
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Practice of Reflective Listening

Exercise on Sympathy vs Empathy

- a. _____ Worrying about a seeker's problems.
- b. _____ Focusing on the seeker's feelings and thoughts.
- c. _____ Getting "choked up" hearing the seeker's story.
- d. _____ Remembering how you felt in a similar situation.
- e. _____ Helping a seeker clarify confusing feelings and thoughts.
- f. _____ Making sure you really understand what is said.
- g. _____ Getting angry at someone who hurt the seeker.
- h. _____ Allowing the seeker to express unpleasant feelings.
- i. _____ Feeling overwhelmed by the seeker's pain.
- j. _____ Showing that you really want to understand.
- k. _____ Feeling sorry for the seeker.
- l. _____ Helping the seeker discover his or her own solutions
- m. _____ Putting the spotlight on your own reactions.
- n. _____ Putting the spotlight on the seeker's reactions.

Exercise on Identifying Thought and Feelings

- a. _____ I feel anxious when my 18-year-old drives the car.
- b. _____ I feel that more men should take this class.
- c. _____ I feel it's wrong for women to teach men.
- d. _____ I feel angry when you talk about my mother.
- e. _____ I feel concerned that you are working too hard.
- f. _____ I feel scared when I'm home alone.
- g. _____ I feel my wife / husband needs to change.
- h. _____ I feel excited when I see how quickly you are learning.
- i. _____ I feel anxious and excited when I think about travelling.
- j. _____ I feel that the new pastor is an excellent teacher.
- k. _____ I feel relieved when I know my children are at home.
- l. _____ I feel that you are insensitive to the needs of singles.
- m. _____ I feel that your comments were uncalled for.
- n. _____ I feel bewildered by your reactions to what I said.
- o. _____ I feel she / he is guilty.

Empathy via Reflective Listening

3 Steps to Understanding Reflective Listening:

1. Identify the feeling content that you hear expressed
– what are the emotions being expressed here?

2. Identify the thought content that you hear expressed
– what is the person talking about?

3. Tentatively summarize or paraphrase what you hear in your own words.

Clarifying Content:

I Thought I hear you say

It sounds like

It seems to me

I wonder if

I think I hear you say

Correct me if I am wrong

Exercises

1. *I am thinking of switching school. My current classmates are always bullying me.*

2. *I want to end my life tonight. I can't take the pressure from school anymore.*

3. *I cannot take it already. Why bad things always happened to me?*

Eg Thoughts: _____

Feelings: _____

Tentative Summary:

7.4 Caring for the Soul

- i. Thinking, Feeling, Relating
- ii. Social support = church
- iii. Boundary
- iv. Referral – General Helplines

- **NATIONAL CARE HOTLINE: 6202 6868**
- **SAMARITANS OF SINGAPORE (24 HRS): 1800 221 4444**
- **INSTITUTE OF MENTAL HEALTH (24 HRS): 6389 2222**
- **SINGAPORE ASSOCIATION OF MENTAL HEALTH (SAMH)**
(Mon-Fri, 9am - 1pm & 2pm - 6pm): 1800 283 7019
- **PSALTCare**
 - Mon & Wed Christian Peer Support Online via Zoom.
 - Timings available via www.psaltcare.com
 - (Mon-Fri, 10am - 6pm): 9628 5609
- **General Listings of Available Help in Singapore:**
www.mentalconnect.org
- **Association of Christian Counsellors:**
 - www.accs.org.sg
- **Christian Counselling Singapore**
 - christiancounsellingsingapore.com
 - 8322 8861



8 Caring for the Spirit

- i. Repentance
- ii. Worship
- iii. Spiritual Disciplines

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