



MY SPIRITUAL AND MENTAL WELLBEING

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WHAT IS SPIRITUAL HEALTH

- Spiritual health includes a purposeful life, transcendence and actualization of different dimensions and capacities of human beings. Spiritual health creates a balance between physical, psychological and social aspects of human life.

MENTAL AND SPIRITUAL WELLBEING INNATE

- Genesis Account:
- Purpose 2:15
- Privilege 2:16
- Prohibition 2:17
- Man's state of innocence, naked but not ashamed (where there is no sin, there is no shame).

MAN'S FAILURE, TEMPTATION AND FALL

- Genesis 3:1 Satan entered the garden
- The question (enquiry) Hath God said, Ye shall not eat of every tree of the garden? Misquotation of 2:16-17 implying a doubt as to whether the penalty would be executed
- Genesis 3:2-3 Addition to God's word
- Genesis 3:4-5 contradiction of God's word
- Genesis 3:6 Transgression of God's word
- Genesis 3:7 Immediate effect of sin

LOSS OF SPIRITUAL AND MENTAL WELLBEING

- As a consequence:
- They lost God-consciousness and gained self-consciousness
- They lost the power to do good and gained the power to do evil
- Instead of becoming like God, they became UNLIKE Him
- Spiritual and mental wellbeing lost to their stomach and until today mankind cannot get back mastery over appetites



GUT BACTERIA AND MENTAL HEALTH

Carabotti et al,
(2015)

- Inflammation can contribute to depression and gut bacteria can influence inflammation. Research shows that probiotic gut bacteria can alleviate depression and anxiety. Gut microbes have an impact on the production of mood-promoting and calming compounds.
- The bidirectional communication between the central nervous system and gut microbiota, referred to as the gut-brain-axis, has been of significant interest in recent years. Increasing evidence has associated gut microbiota to both gastrointestinal and extragastrointestinal diseases.

SLEEP AND MENTAL WELLBEING

- circadian rhythms are 24-hour cycles that are part of the body's internal clock, running in the background to carry out essential functions and processes. One of the most important and well-known circadian rhythms is the sleep-wake cycle.
- Different systems of the body follow circadian rhythms that are synchronized with a master clock in the brain. This master clock is directly influenced by environmental cues, especially light, which is why circadian rhythms are tied to the cycle of day and night.
- When properly aligned, a circadian rhythm can promote consistent and restorative sleep. But when this circadian rhythm is thrown off, it can create significant sleeping problems, including insomnia. Research is also revealing that circadian rhythms play an integral role in diverse aspects of physical and mental health.

SPIRITUAL HEALTH

- Spiritual restored through the finished work on the cross
- Needs constant maintenance through the practicing of the spiritual disciplines i.e. fasting, prayer, study of the word, meditation, worship.

HOW TO DEVELOP MENTAL TOUGHNESS

- View your past as training for overcoming future adversity
- Evaluate negative emotions immediately when they arise
- Build self-confidence
- Practice gratitude
- Build a tolerance for change

HEALTHY BODY

HEALTHY MIND

HEALTHY SPIRIT