

WEEK 3:

MENTAL HEALTH

MONDAY: *Be Thankful*

- No matter what you are going through, there is always something to be thankful for. The fact that you are reading this is something to be thankful for. Learn to live in gratitude as much as you can.
- **Bible Verse:** And give thanks for everything to God the Father in the name of our Lord Jesus Christ. *Ephesians 5:18-20*

TUESDAY: *Seek Solitude*

- Have some time in your day where you can have quiet. Pick a space in your home where you can be alone and breathe deep and relax. This will bring some peace into your day.
- **Bible Verse:** Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and they finally found him, they begged him to to leave them. *Luke 5:42*

WEDNESDAY: *Talk To Someone*

- It is always a good idea to have someone you trust to talk to about how you are feeling. It will help you know that you are alone. You can seek professional help if needed, or find someone you feel comfortable with, like a good friend or a mentor.
- **Bible Verse:** Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. *Philippians 3:13-14*

THURSDAY: *Eliminate Toxic People From Your Life.*

- People can be one of the greatest dangers to our mental health. If someone always brings drama into your life, you may want to draw some strong boundaries that limit your exposure to them. This is difficult to do but your mental health is worth having that awkward conversation.
- **Bible Verse:** Don't be fooled by those that say such things, for "bad company corrupts good character." *1 Corinthians 15:33*

FRIDAY: *Surround Yourself With Good, Healthy People*

- The kind of people you keep around you will affect your mood. If you have positive, joyful people, you will probably experience more positivity in your life.
- **Bible Verse:** There are "friends" who destroy each other, but a real friend sticks closer than a brother. *Proverbs 18:24*

SAT/SUN: *Learn To Forgive*

- When people hurt you, learn to forgive them. And when you mess things up, learn to forgive yourself. When you do this, you will release anger and guilt from your heart and feel peace again.
- **Bible Verse:** Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. *Ephesians 4:32*

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