

Strategies for Positive Mental Health

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1 Kings 19

Elijah's Mental State:

1. He wanted to _____
2. He felt completely _____
3. He had little _____ - he wanted to _____

God's Perspective of Elijah:

1. God knew exactly where he _____ and met him _____
2. God had a bigger picture _____ of the situation
3. God wasn't _____ with Elijah

There is a mental health _____ today.

_____ + _____ = _____

10 strategies for positive mental health

- 1 · Enjoying the Outdoors
Ps. 19:1
- 2 · Exercising Regularly
1 Tim 4:8
- 3 · Eating Nutritiously
Deut 14:3
- 4 · Connecting with Others
Gen 2:18
- 5 · Serving others
Mark 10:45
- 6 · Being Grateful
1 Thess 5:18
- 7 · Creating a normal routine
Gen 1:5b, 8b, 13b, 19b, 23b, 31b
- 8 · Limiting Media exposure
Eph 5:15-16
- 9 · Spending Time with God
Mark 1:35
- 10 - Try New Skills
Isaiah 43:19

What can you do this weekend and this next week to implement 2-3 strategies in your own life?

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How can you support these strategies in your school with your students?

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- This is an ongoing process, not an event.
- The value of these strategies is in the doing.