

The background is a vibrant cosmic scene featuring a bright, glowing nebula in shades of blue and purple on the left, with a central bright star. The rest of the background is a deep space filled with numerous stars and faint, wispy nebulae. A large, semi-transparent white cross is positioned on the right side of the image, extending from the top to the bottom.

Spiritual Mental Health

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Historical Psychology

Spiritual Mental Health

Attributes Of Good Mental Health

1. Take Responsibility For One's Own Actions

*So then, each of us will give an account of
ourselves to God. (Romans 14:12 NIV)*

2. Flexibility

*Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.
(Ephesians 4:2-3 NIV)*

3. High Frustration Tolerance

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. ...

3. High Frustration Tolerance (cont.)

Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4 NIV)

4. Acceptance Of Uncertainty

*When I am afraid, I put my trust in you.
(Psalms 56:3 NIV)*

5. Involvement In Social Activities

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another —

5. Involvement In Social Activities (cont.)

*—and all the more as you see the Day
approaching. (Hebrews 10:24-25 NIV)*

6. Courage To Take Risks

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” (Joshua 1:9 NIV)

7. Serenity Prayer

*He makes me lie down in green pastures,
he leads me beside quiet waters.*

(Psalms 23:2 NIV)

8. Acceptance Of Handicaps

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

8. Acceptance Of Handicaps

*Therefore I will boast all the more gladly
about my weaknesses, so that Christ's
power may rest on me.”
(2 Corinthians 12:9 NIV)*

9. Tempered Self-Control

*Like a city whose walls are broken through
is a person who lacks self-control.
(Proverbs 25:28 NIV)*

10. Harmonious Relationships

Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. (Romans 12:16 NIV)

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Saint Augustine

*O God thou created us in thy image
and our hearts will be restless
until they find their rest in thee.*

Spiritual Mental Health

Dr Andresen

“Our civilization’s ‘Loss of Soul’ may cause psychiatric symptoms of depression, obsessions, addictions, and violence.”

The background is a vibrant, deep-space image featuring a complex nebula with swirling clouds of gas in shades of purple, blue, and white. A bright, glowing star or galaxy core is visible on the left side. A large, semi-transparent white cross is superimposed on the right side of the image, extending from the top to the bottom. The overall atmosphere is ethereal and spiritual.

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