

Mental Wellbeing Series



Session Three: What We Do

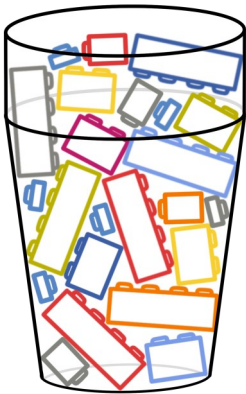
In this session we will:

- explore how our actions affect our mental health
- think about stress and how we respond to it
- explore what the Bible says about rest
- consider our coping strategies for dealing with stress

Watch: Watch [this short film](#) where Helen describes how stress affects our mental health and strategies to cope with it.

Read: Read Luke 10: 38-42 aloud. As you listen to this passage, notice what strikes you – a word, a phrase, an image or a feeling.

Discuss: What are Mary and Martha's responses to Jesus visiting them? Have you experienced this tension between doing things (even good things & church activities) and spending time with God? What is the 'one thing' Jesus says we need? How do we prioritise that when there are lots of things to do?



Reflect: What's in your 'capacity cup'? What takes up your time and energy?

What level is it currently at? What happens when it reaches the top and overflows?

Are there things in your cup that don't need to be there? Can you simplify, prioritise, or take some things out of the cup?

If the things in the cup are necessary, but you know you're near the top, what can you do to cope? Consider the coping strategies below: add any you would like to use more or less.

Problem-Focused Coping Strategies

(for situations you have some control over)

Make a plan Prepare
Go & do it! Pray
Ask for help Prioritise

Emotion-Focused Coping Strategies

(for situations you have no control over)

Talk about it Go outside
Listen to music Write it down
Pray Breathe slowly Nap
Move your body Help someone

'Unhelpful' Coping Strategies

(they may help temporarily, but tend to make things worse in the long-term)

Avoid the issue Procrastination
Alcohol, smoking, drugs
Self-harm Perfectionism
Over- or under-eating

Discuss: How do you rest? Do you need to prioritise this more?

Is there a Bible verse you could read to yourself when you are feeling overwhelmed and stressed?



Activity: Listen to one of the meditations on the **Live From Rest** app. ('Overwhelmed?', 'Renewed' or 'I am with you' in the *Shorts* category fit well with this session).

Pray: Share prayer requests and close by praying for one another.