

## A Total Approach to Mental Health and Wellbeing: Body, Mind and Spirit

**Life** within our physical body cannot be sustained without our spiritual body.

*“There is a natural body; and there is a spiritual body.”* (Corinthians 15:44)

*Thoughts, words, attitudes, actions, and reactions rise out of knowledge we have taken into our minds; emotions, feelings, and spiritual connection rise from our source through our soul. That which is innately within us in our spirit, through our connectedness to God, also influences our thoughts, words, actions and reactions through our soul via our emotions and feelings. The knowledge and experiences we receive in relation to self, others, God, and life, has a significant impact on our responses and reactions to self, other, God, and life as a whole.*

### **BODY & SOUL HEALTH**

The health of our *spiritual body* is reflected in our physical body, and conversely the health of our *physical body* is reflected in our spiritual body. Therefore, depression and anxiety rebound on both the *body* and the *soul* in any or all of the following ways:

- Lethargy and lack of motivation,
- Gastric upsets, food allergies, palpitations, headaches,
- Fear, and/or ungrounded worry,
- Loss of concentration, and forgetfulness,
- Irritation, frustration, guilt, or shame,
- Social withdrawal, isolation,
- Unexplainable crying,
- Mood swings, including moroseness
- Intense anger and irritability
- Anger with God, with leadership, and with the world,
- Others.....

### **TRADITIONAL REMEDIES**

Traditional coping strategies have included symptom management through:

- Psychiatry with medications including antidepressants, mood stabilizers, sleeping tablets and potions
- Psychology & counselling through Cognitive Behaviour Therapy (CBT)
- Hospitalisation
- Electro Convulsive Therapy (ECT)

The first port of call for the treatment of depression and anxiety is generally the local doctor so that physical causes can be ruled out. The Churches also have an important role to play. Symptoms such as depression and anxiety are natural learned reactions to difficulty. There is no shame in experiencing depression or anxiety or any other '*mental illness*.' The shame is in not seeking help when it is readily available, thereby denying self of the opportunity to receive the necessary help to rise above the '*illness*' to enjoy life to the full.

***“God has not given us a spirit of fear, but one of power,  
and of love, and of a sound mind.”***  
**(Paul of Tarsus 66AD, Timothy 1:7)**

### **SPIRITUAL/PHYSICAL REMEDIES**

All of the following are complimentary to traditional remedies when dealing with depression and anxiety; traditional remedies should not be overlooked or discounted.

*“Let us love one another, for love is of God.” (1 John 4:7)*

Learn self calming and self regulation skills in conjunction with your therapist

Address underlying cause/s through good experiential/spiritual counselling and practical means

Spend quality time with family and/or friends

Spend quality time with God through prayer, meditation, praise and worship in like minded fellowship with singing, uplifting music and/or dancing.

*“The Lord is the spirit; and where the Spirit of the Lord is, there is liberty.” (2 Corinthians 3:17)*

Spend time with nature in a garden, in the bush, near water, on a hill, watching a sunrise or sunset, etc.

Sleep, rest, exercise, and eat a balanced diet

Use positive affirmations about self and life

Understanding and accepting self in relation to God, others, life, and death

Receive healing through prayer and anointing

Spend time at a healing and recovery centre in personal retreat time

Do something special for yourself and/or for another

Use aromatherapy and natural herbal remedies

Receive reconciliation with self, others, and God

### **Spiritual needs for mental health include:**

- Trust in self and others
- Unconditional love (the love of God). *“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” (Galatians 5:22-23)*
- Respect of self and others

- Acceptance of self and others. *“The wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.” (James 3:17)*
- A sense of belonging, purpose, loyalty
- Appreciation of self and others
- Just self discipline, self control, responsibility
- Reconciliation, knowledge
- Fun and laughter

*All of the above promote inner peace and harmony, and have the potential to reduce depression and anxiety.*

*“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

*Jesus.*

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