



SS. Isidore and Maria Parish

Mental Health Matters

May 3, 2021

Opening Prayer



Guidelines

- **Everyone present is committed to maintaining absolute confidentiality**
- **Foster an environment of openness and comfort in sharing**
- **Listen with an open heart**
- **Be respectful**
- **Be mindful of others; no monopolizing or cross talk**
- **Let's keep it in the here and now**
- **Empathize with each other's situation**

Spirituality and Mental Health

Presenter: Chris Seethaler

Spirituality and Mental Health

What we will cover tonight:

- Small Group Discussion
- What is spirituality?
- What is mental health?
- How are spirituality and mental health integrated?
- Unhelpful thinking styles
- Examples of spiritual self-care
- Q & A

Spirituality and Mental Health

Small Group Discussion – 7 minutes

What does spirituality mean to you?



Spirituality and Mental Health

What is spirituality?

- **Spirituality** is a subjective experience of a sacred dimension, and the deepest values and meanings by which people live.

Spirituality and Mental Health

What is mental health?

- Mental health is "a state of well-being in which an individual
 - Realizes her or his own abilities,
 - Can cope with normal stresses of life,
 - Can work productively and fruitfully,
 - Is able to make a contribution to her or his community.

Spirituality and Mental Health

How are spirituality and mental health
integrated?

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Unhelpful Thinking Styles

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

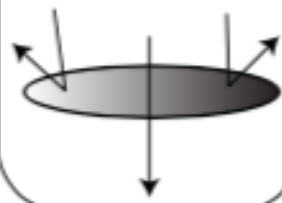
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw


Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

Disqualifying the positive




Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

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Unhelpful Thinking Styles

Jumping to conclusions




2 + 2 = 5

There are two key types of jumping to conclusions:


- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.


I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

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Examples of Spiritual Self-Care

- Watch the sunrise or sunset
- Pray – read a good spiritual book
- Light a candle and breathe deeply while looking at it
- Go for a walk or run
- Relax and have a cup of tea
- Sit next to a body of water and listen to nature
- Listen to a favorite song
- Watch your favorite movie
- Help someone
- Do some tai chi or yoga

Spirituality and Mental Health

Mindfulness Group Experience



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Q & A

Next Session: May 10 at 7 p.m.
Where do we go from here?

*How Can we Minister to People with a
Mental Illness and Their Families*

Moderator: Tammy Hewitt

Closing Prayer



Thank you!