



First Mt. Olive Freewill Baptist Church

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Title: _____

Series: 2020 VISION / “A Couch Ministry”

Text: Daniel 4:29-31

Date: Sunday, September 20, 2020

A. Daniel provided clarity and correction for the king, but the king’s interpretation caused him to either:

- 1.
- 2.
- 3.

It has been said that old habits are _____.

B. What are your coping mechanisms?

- 1.
- 2.
- 3.

C. Positive Tools for Balancing or Rebalancing Mental Health

1. **Radical Acceptance** –

Completely and totally accepting something from the depths of your soul, with your heart and your mind

2. **Deep Breathing** –

“5 3 7” Breathe in for 5 seconds, hold for 3 seconds and breathe out for 7 seconds; repetition sends a message to the brain that everything is okay (or it will be soon).

3. Opposite Of Emotional Thinking –

Act in the opposite way your emotions tell you to act.

4. The Five (5) Senses –

Employing all of your senses instead of focusing on a specific object

5. Mental Reframing –

Rethink or repackage your thought. Turn a negative into a positive.

6. Emotional Awareness -

Ownership of your status and rejecting denial frees you to clearly acknowledge how you feel. This freedom releases stress and invites strength into your being.

7. Value Yourself –

Treat yourself with kindness and respect. Avoid self-destructive criticism.

8. Take Care of Your Body –

Prepare to live your life as if you plan to live life for a long time. What you digest will directly determine your outlook on life i.e. mood, behavior and thought patterns.

9. Surround Yourself with Good (Godly) People -

Positive connections can carry you a long way.

10. Give of Yourself –

Investing into the lives of others will enhance the quality of life for you.

11. Learn How to Deal with Stress –

Stress is a part of life. Learn the difference between good stress and bad stress.

12. Quiet Your Mind –

Try meditating to relax the state of your mind and your outlook on life.

13. Set Realistic Goals -

Over reaching will bring about more disappointment for you. Aim high and develop a plan to get there.

14. Hold Yourself Accountable -

Acknowledge when you are not your best self.

15. Don't Compare Yourself to Others –

Trying to keep up with others will cause you to disregard your own uniqueness.

16. Break Up the Monotony –

Routines can be a death trap. Take a different route or try something different.

17. Avoid Alcohol and other Drugs -

Self-medicating only aggravates the problem.

18. Be More Present –

Jumping over into the future will set you up for a relapse. Embrace and embody the moment. You are still alive and every moment counts.

19. Get Help When You Need It -

Seeking help is a sign of strength - not weakness.

20. Sabbath Rest –

If you do not come apart, then you will come apart.

References:

1. Self-Help Techniques for Coping with Mental Illness

By Emmie Pombo

National Alliance on Mental Illness

2. University Health Service

University of Michigan

3. Psycho-Central

D. Draft your own personal statement to help you maintain or regain your mental health by using one or more of these tools. Each season you will need to re-work your statement.

E. The key to coming into true alignment is grounded in the Biblical term _____.

_____ - A change of mind; of a purpose he has formed or something he has done. Reversal or of another decision. To abhor errors and having determined to enter upon a better course.