



**YOUR
MENTAL
HEALTH**

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CHAPTER ONE

What is mental health? Let's first start with the definition of health. According to WHO, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." When we talk about "Mental," it relates to the mind, emotions, psychology, etc. It's the part of the human being that one can't hold physically.

This part of our being is very powerful. The acts one sees physically is as a result of what has been conceived in the mind be it good or bad. When people have stable mental health, they are able to control their emotions in a way that has no harm to themselves or people the around them. The reverse is the case with unstable mental health. As some already know, we are a 3-in-one being. We are spirits, we have a soul and we live in our bodies and this is the reason we are able to function the way we do on earth. Believe it or not, we have spiritual beings on earth and the reason we can't see them is that we use our physical eyes. For a spirit to function like man, the body is needed. To focus on our mental health means to focus on our soul. The soul is the place where we process ideas (both good & bad). It connects the spirit and the body.

For you to be in healthy, not only do you have to be physically and socially sound, you also need to be mentally sound.

There are two categories of people, those who know that everything's not alright with them as regards their mental health. People in this category are able to access help because they have accepted their situation and are looking out for help. They are not in denial. The other group doesn't believe anything is wrong with them even though their actions say otherwise. The way

people visualize mental health in our society is horrible. So much stigma has been attached to it despite it being a major cause of death world-wide. It's being said that every 40 seconds, someone in the world commits suicide and suicide is a product of poor mental health. Poor mental health could go unnoticed; in this case one is able to function normally in day to day life but once in a while could go off border. If not handled early, this could get worse. In the clinical setting, poor mental health could be seen in people with depression, bipolar disorder, schizophrenia, personality disorder, eating disorders, etc. As much as these factors have a strong hereditary link i.e. one's parent/relative having a history of poor mental health, there is always an underlying traumatic factor.

These factors could range from stress (e.g. academic, job, marriage) to abusive relationship, rape, death of a loved one, jail, and the list goes on and on.

The way one person handles a traumatic process differs from the other. Some are still able to function properly despite it while some others may break down immediately. Poor mental health has no respect for personality, influence or affluence. Therefore, it is important we recognise it when it begins to set in and seek for help in the right place. As I said earlier on, people react differently to stressors. While one may find a maladaptive or better way of coping, some may shut that part of their life up like "nothing happened" another could have a mental breakdown.

Let see some cases scenarios

One who has been in a place where multiple killings took place. A military man who has been to war or is constantly on the war front, seeing people die. He's lost some very dear colleagues in the war and he's just lucky to be alive. What do you think his perception of life will be? He may be grateful to be alive and treasure every moment of it, he may see life as nothing, one minute his friends are here the next minute they are gone. Or it may be in between both options. How do you think his mental state will be? How do you think he will react to people around him? One who has been molested by a known/unknown individual.

The way such a person will perceive life will be different unless they find a healthy way of coping with it. A number of health workers are likely to develop a poor mental state when they see patients dying on a regular basis. The Covid 19 pandemic would have had a lot of impacts on them, some of their colleagues also died while trying to save lives There are many examples of traumatic experiences that could lead to poor mental health. Being aware that you have a mental health issue and reaching out for help in the appropriate place is the best way to start.

The Main book contains stories of individuals that went through mental health challenges and what they did to overcome them. You can purchase the book [here](#).

CHAPTER TWO

How to know one has a poor mental health

Welcome to the second chapter that has to do with possible evidence to show that one has poor mental health. In daily life, it is not easy to locate someone with poor mental health (because it's not written on the forehead) especially those with mild to moderate symptoms but this becomes possible when they have severe symptoms, especially mania, schizophrenia, depression, etc. Although it is still possible to treat such individuals in severe states, the earlier one presents to the hospital, the better the prognosis.

Another point I would like to add is, people, use the term depression loosely. That one is going through a series of changes does not automatically mean the person is depressed. I remember at some point in my life when God was taking me through a series of changes, I stopped frequent communication with people, had to cut out some sort of friendship, and focused more on God and myself. During this period, I received a lot of revelation about who I am and what I needed to accomplish on earth and at the same time went through various forms of trials. People at that time believed I was depressed. They felt I was this way because all the people around me, my friends, colleagues, etc. were getting married and I hadn't. This was not the case at all.

To digress a bit, in order to find your purpose and your fulfil destiny, a time will come when you will need to go through the phase of re-moulding. It's inevitable.

For a person who has experienced a sudden traumatic event, it is normal for them to go through the phases of grief (denial, anger, bargaining, depression, and acceptance) but when it gets longer than 3 months, then it becomes a problem. This doesn't mean you won't get angry or have symptoms of depression once in a while but once it gets longer than the expected time and worsens, something needs to be done. Now, let me explain each of these stages in detail using the example of a young girl called Josephine who got molested continually by a male figure in her life.

Denial:

The first time Josephine experienced this evil occurrence, she couldn't believe it actually happened. She didn't even want to think about it. Some people stay in the denial phase for a very long time. They don't want to think or talk about it. They pretended like it didn't happen. This is risky. Unknowingly, you are building up unhealthy emotions which will not only affect your mental and physical health but also harm people around you. If not handled early, one can totally break down. Some may also experience a personality change as a result of this. They want to leave who they are, the occurrence they had behind and become someone else entirely.

Anger: This is when someone starts asking the "Why" questions. Why me? Why did this happen to this and that person, what did the person do wrong? etc. It is better to let out your anger in a controlled way (i.e. not hurting yourself/damaging properties or people around you) than to keep it inside like what the person in denial would do. When you let out toxic emotions, it gives room for freshness. At this stage, it's also advised to talk with people you can trust regarding the issue

Bargaining:

Here, one begins to say things like, if I do this, I will get better, if they do this and that, everything will return to normal. For someone who has been diagnosed with terminal cancer, the person could be like, if I'm given chemotherapy, there is a chance that I will get better, so no worries.

Depression:

This is the point where such an individual feels numb. They no longer see anything wonderful about life. They don't feel like doing anything any more. All they can see is a dark cloud around them. Nothing excites them any more. This is the phase where friends/relatives begin to notice things becoming abnormal in the person's life.

There is a possibility of such a person entertaining the idea of suicide. When a person gets to this level, it's important to take the person to the hospital for proper treatment.

Acceptance:

This is the phase where one no longer fights the idea of what has happened but finally comes to terms with it. The five stages of grief don't actually occur step wisely as I have highlighted here, one can come before the other. Other symptoms of a poor mental health secondary to a traumatic experience

1. Lack of appetite: This is different from one who falls sick and doesn't have the appetite to eat.

This is a prolonged symptom that starts after a traumatic event.

2. Increased Appetite: There is another group that eats a lot during this period. People in this group add a lot of weight although the percentage of those with increased appetite is smaller than those with decreased appetite.
3. Not wanting to do anything, such a person is not excited about life
4. Weight loss, because they are not eating well.
5. Sometimes they might find it difficult to sleep a night. Those on the verge of depression tend to experience increased sleep.
6. Although they have people around them, they still feel lonely. There are other symptoms that could be attributed to people with poor mental health.

CHAPTER THREE

How to take care of Your Mental Health

From the last two chapters, we already know what mental health is and some symptoms that come along with it. It is time to find out how you and I can take care of our mental health. Even though mental health is all about the mind/soul, It is important to take care of our mental health both spiritually and physically.

Spiritual care of your mental health A brief background about God and Man The spirit is the most important part of our being. The spirit is the real you and can function well in eternity without the body. People who have had near-death experiences and had their spirit leave them can explain this better. I am a Christian, a lover of Jesus and will further elaborate on my point using this point of view. Who is man, how did we come to be? In the beginning of the world, the earth was without form, the spirit of God hovered around the waters.

At each point in time before anything was formed, God declared the Word, he spoke it into existence. We can see this all through Genesis 1. In verse 26 of Genesis 1, we were told how man was created. In essence, God created man to look just like Himself. How did He do this? Job 33:4 says “The Spirit of God has made me; the breath of Almighty gives me life.” Without the

breath of the Almighty God, one can no longer function on earth. One is dead when the spirit man leaves him/her. God is our creator, our maker, and our Father. Our parents are just custodians to help guide us, the same way we are custodians to our children. For those without earthly parents or have issues with their parents, your Heavenly Father never left you (Psalm 27:10). He still loves you and has His eyes on you regardless of what atrocity you may have committed. That's why I can't overemphasize the importance of having a personal relationship with God. I am not talking about playing religion (because that's what is happening with a lot of people). Another thing we should know about God is, He is not bound by time. His time is different from ours. There is a song that comes to my mind which says, "He created time, stepped out of time to control the time He created." That's just the summary of it all.

God is a God of all possibilities. What men see as a mountain, God doesn't see as anything. I'm so passionate about people knowing who God is and having a personal relationship with Him because it will save them from a life of difficulties and uncertainties. I'm not saying this for saying sake but from experience. People who hold God tightly and never let go have seen something that others haven't seen. May God open your eyes to also see it, Amen. There are two realms in life.

The Spiritual and the Physical/earthly realm. For anything to take place physically, it has already occurred in the spirit i.e. the spiritual realm is faster than the physical realm. Just like there is good and evil in the physical realm, we also have good and evil forces in the spiritual realm. The devil is a spirit, God is a Spirit, and man is a spirit but he functions on earth because of his body and mind. This book shows ways to take care of your mental health spiritually and physically. To

have complete restoration, it's important to stick with the two. A man was diagnosed with bone marrow cancer. He was in the hospital and connected to Canaanland for the communion service. He didn't have the material so he used biscuit and fanta as the flesh and blood. He took it in Faith (Your faith is very important) and he was completely healed. Now, bone marrow cancer has a survival rate of about 5 years. Possibly he would have started chemo/radiotherapy and this would have made him feel better and given him more time to live but it can never beat complete healing. Complete healing = God giving you another chance at life. The reason why people are not aware that they have been given another opportunity to live, especially those that are sick and have been condemned to die is either because they are ignorant of the fact or they don't believe in divine healing. As a result of this they get cheated by the devil and end up paying double for it. Medical science is wonderful, I thank God for it.

In fact, I tell my patients that if their faith is not up to the level of receiving their healing they should obey their doctors so they don't die trying but it is important not to forgo the fact that there is a better alternative to this. Now, every good thing we have/experience is from God.

Whatever does not glorify God in us is not of God. James 1:17 says "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." Even though in our walk with God, He will allow us to go through some tests/trials for us to develop and be positioned appropriately for our inheritance, we should be sensitive in the spirit to recognize when an attack is of the devil and use our spiritual weapons to war.

These weapons can be seen in Ephesians 6:10-18.

How to take care of your mental health spiritually

A) **Salvation:** Everyone believes in a higher power. Everyone knows that a force beyond our control is in existence. People believe in the Almighty, they believe in God but their perception of this God differs. People have the fear that He can kill one at any time some believe He is out to get them, and some even attribute all the evil occurrences that take place on earth to Him.

They say things like He could have done this, he could have stopped that from happening. They forget that man has a willpower given to him by God and the devil is also on a mission to destroy mankind, he doesn't want to go down alone. Listen to the testimony of John Ramirez on Sid Roth's It's supernatural.

Yes, you may have lost some things but God is the reason why you haven't lost it all. The good news is, God is a God of restoration. You can't know God if you don't know His son Jesus Christ. Jesus is the way, the truth and the light; No one can come to the Father except through Jesus (John 14:6). I would like to state that we have God the Father, God the Son (Jesus) and God the Holy Spirit (who is our helper/guide and is with us on earth).

The three are known as the trinity and were all present in the beginning, before the foundation of the world.

How do I know this?

1) When God the father was speaking in Genesis 1, He kept saying let "US". Meaning He was not alone.

2) Genesis 1:2 tells us that the Spirit of God was hovering over the waters when the earth was formless and empty.

3) The book of John explains the existence of God the Son (Jesus) in the foundation of the world. John 1:1-15 points to the perfect example of Jesus. If you truly want to be saved, you need to know God and you can't know God without knowing and accepting Jesus.

Jesus was sent to earth in the form of man, hated by the people around him; I remember when He told them that He was there even before Abraham was created, they wanted to stone Him, but that's the truth. His mission was to reconcile man back to God which He did through His death and resurrection. When He died after 3 days He rose again and finally ascended back to Heaven. The way Jesus ascended is the way He will descend and His coming back will be to take the Saints with Him. This is called the rapture. The account of Jesus can be seen in the Books of Matthew, Mark, Luke, and John. Without Jesus, you can't have access to God the Father of light & when you have light darkness disappear. Come to Jesus today (Salvation Prayer).

B) **Love:** In a world full of darkness and hatred, love is the light that can conquer anything at any time.

Do you know that God is love? Yes, He is a God of justice but also a God of love. If you want to live a triumphant life on earth, besides from salvation, the next key to have is love. Everything in the kingdom of God has love as it's the foundation. How do I know this? Firstly, the commandment God wrote by himself and gave to Moses has love as it's basis. It was summarized into two by Jesus in Matthew 22: 37-40. In essence, if you have the God kind of love, you won't be able to go against the commandment given to Moses by God.

Secondly, 1 Corinthians 13: 1-3 says that if you have all these wonderful prophetic gifts but have no love, it all amounts to nothing. This shows how important love is. Verse 4 shows us the attribute of the God kind of love. Verse 13 also shows love to be the greatest between faith, hope, and love.

In summary, one can say that love is the master key to a world of exploit. In order for faith, hope, prayer, and fasting to work, love must be present and it's the Holy Spirit that shares this love abroad in our hearts (Romans 5: 5). Therefore, we need to ask God to baptize us with the Spirit of love so we can make Heaven at the end of our journey on earth and live a glorious life both on earth and in eternity. When you have Jesus and the Spirit of love dwelling in you, then you have God dwelling in you.

When you have God dwelling in you, every contrary spirit including mental illness will vacate. In Matthew, Mark, Luke, and John, Jesus dealt with a number of these infirmities. Just as nature abhors a vacuum, our being also abhors a vacuum. It's either you are filled with the Spirit of God or have the devil and his agents in there. It can't be both at the same time as it's impossible to serve God and mammon.

C) **The Word:** When you study the Word of God and see who He is through the scriptures, your life and mental health will take a new turn. it will begin gradually. The Word of God renews our minds and once this process starts, things gradually become better.

D) **Faith:** Without faith, it is impossible to please God. If one has faith as tiny as a mustard seed, one can move mountains (Matthew 17: 20). Those who were healed in the new testament, Jesus made it known to us that it was according to their faith. Jesus, the son of God who was sent to

earth by The Father couldn't really perform miracles in His own home town because of the people's unbelief, they were too familiar with Him. Someone could say, "well since He is God, He should be able to heal them whether they have faith or not". Don't forget that God has given man the will power to choose what he wants and what he doesn't. When you don't know what to choose, you ask God. This creates intimacy. Faith is the spiritual hand that we use in receiving physical gifts be it healing, deliverance, breakthrough, etc. The stronger/ longer your hand of faith is, the faster it becomes to receive these gifts therefore it's important that we learn to grow our faith.

E) **Prayer:** This is the way we communicate with God. When we make a request in prayer, it's important to do so according to His will (which can be seen in His Word) and in faith (1 John 5: 14, Mark 11: 24). Although at the time of asking, it may seem nothing is happening, patience is key. In a short while, you will see the manifestation.

There are various types of prayer, e.g petition, enquiry, intercession, supplication, warfare, thanksgiving, etc. All these have their benefits and are necessary at different times but the prayer for the kingdom of God should be at all times (Matthew 6: 9-15). If one needs to generate more power, then fasting should be added (Matthew 17: 21).

F) **Confession:** We are not only to believe the Word of God but confess it with our mouth because we have whatsoever we say (Mark 11: 23). Words are powerful, the creation of the world started by speaking. God began speaking into existence and we are made in the very image

and likeness of God. Your words help in moulding your future. Keep speaking boldly until you see what you want fully delivered.

G) **Kingdom service:** Matthew 6: 33 and Exodus 23: 25- 26 give a clear picture of what you are entitled to when you engage in kingdom service. All services have their rewards but soul winning (either on the prayer altar or reaching out to the lost) has both heavenly and earthly rewards.

H) **Praise:** A lifestyle of praise makes one experience breakthroughs in all areas. why? God inhabits the praises of His people (Psalm 22:3). When God inhabits your praise, you become a carrier of divine presence. With divine presence, every barrier is cleared off your path. Praise is a very strong weapon that people are yet to get familiar with. It's what you engage with when nothing else works.

CHAPTER FOUR

People's Grievances against God. I have heard people say, "why couldn't God stop this or do this". To answer these questions, I will like to start from the beginning i.e the creation of the first man, Adam. Adam who was the son of God (directly) was the first man God created. God's initial plan for mankind was to enjoy life, have dominion on earth and take care of the things around hence the garden of Eden.

This is what happens in Heaven, no sickness or sorrow, unlike hell which is the opposite. God gave mankind a number of years to reign on earth, as a result of the sin committed by Adam and Eve, the dominion of man on earth was transferred to the devil. If you notice, all through the book of Genesis, there was no place the devil was recognized in the creation of the earth let alone having dominion on earth but 2 Corinthians 4: 4 stated satan to be the god of this world. 2 Corinthians 4: 4(New Living Translation)- satan, who is the god of this world, has blinded the minds of those who don't believe.

They are unable to see the glorious light of the good news. They don't understand this message about the glory of Christ, who is the exact likeness of God. Furthermore, why would the devil tempt Jesus in Matthew 4: 8-9 by telling Him that he will give Him all the kingdom of the world and their splendor if He bowed down and worshipped him? This just points to the fact that the devil is the god of this world and this authority was hijacked from Adam. Since God doesn't go back on His Word, Adam's period/ lease has to come to an end before the devil is dealt with appropriately and thrown into hell.

Now, for the time being, God in His infinite mercy had pity on mankind and found a way to deliver man out of the hands of the devil through the ransom of Jesus His very own son. Romans 5: 19 says, "for as by one man's disobedience many were made sinners, so by the obedience of one man shall many be made righteous".

Those who are believers in Christ, the dominion and authority that Adam lost to the devil, we've regained it in Christ. This is the reason why the devil fears those who know their rights in Christ and we always get remarkable results when we use the name and the blood of Jesus. These are weapons the devil can't stand against. Those not in Christ are still slaves to the devil and have him ruling them. This is why we see so much wickedness and hatred in this world. Although we

live in this wicked world, we are not of it. Now, back to people's grievances against God. For us to understand how God works, there are some points to take note of;

- 1) Despite the fact that everything on earth and in Heaven belongs to God, there are still boundaries. God doesn't harass people like the devil does, He respects His Word, His covenants and the willpower. God keeps His Word (Joshua 21: 45) and the gifts and callings of God are without repentance (Romans 11: 29). This is the reason why Adam's time must lease out before God can destroy the devil once and forever. When we see those who were once men of God still performing miracles despite the fact that they have backslidden, it's because of the gifts still at work in them and this is very risky. That one is performing signs and wonders does not necessarily mean that the person is a child of God.
- 2) Those who are children of God are under God's wings and protection. The devil has no right to harm them except for certain circumstances; a) If they sin without repentance (this automatically makes them leave God's protection), b) If God wants to test one's faithfulness like He tested Job. Most times those who are sensitive to the leading of God receive the signal when God wants to try their faith. When you walk with God, you are aware of it, He prepares you before time. Just like God told Abraham His plan to destroy Sodom and Gomorrah, He is still the same yesterday, today, and forever.
- 3) Sometimes God speaks to us i.e both believers and unbelievers. He warns us about unseen circumstances which could come in various forms including dreams, some people also call this intuition. Disobedience to His warnings has cost some their lives and despite this, people still end up blaming God for everything.

- 4) There are people who are unbelievers and people know this yet they managed to escape certain things that others were not fortunate to. In most cases, these people have/had relatives who prayed for them and had a covenant with God concerning them. God is too faithful to fail but His mercies should not be taken for granted. The grace He has given you will not last forever, it's therefore important to change your ways because you have no idea when you'll run short. A man gave a testimony of how he went to hell. He saw all that was going on and was about to join when suddenly, he heard a voice saying that it is not his time yet. He later realized the reason for escaping this terrible circumstance was because his mother had a covenant with God. She prayed for her children 3 times a day for many years that none of them will go to hell. The testimony of another boy who was attacked by kidnappers. They shot at him several times but the bullet didn't go through. When the kidnappers left him alone, he heard a voice behind him saying that he was saved because of his mother. His mother happened to be a widow who always kept God's sanctuary (Church) clean. Prayer really works and God sees our labour.
- 5) As believers, some things may happen beyond our control. Despite praying and doing all the things we know to do. We may not get the answer we expect but never give up. Always remember that all things work together for good to them that love God (Romans 8: 28).

There is this testimony of a pastor whose son was sick. He prayed for his son's healing, and other members joined him in prayer but later, the son died. The pastor was in deep sorrow after this happened until he had an encounter that changed his life. In that vision, he saw his son and Jesus beside him. He later found out that God actually answered the pastor's prayers for the son's healing but the boy wasn't willing to return to earth. God knows what is best for us.

Summary of having stable mental health using spiritual means

- 1) Surrender to Jesus and become a child of light because darkness, including mental illness, can't stand light.
- 2) Keep walking according to God's Word which is the light of the gospel. In order for your light to keep burning, it's important to keep fueling yourself with the Word of God.
- 3) Pray always, not only when you have a need. Use the weapon of prayer and fasting when you seem to be going through hard times. Prayer of enquiry is also important when you get confused about what decision to take.
- 4) Don't forget the weapon of love both for God and man, this is the master key to all other doors. When you spread love and joy to the people around you, it's only natural that it will come back to you.
- 5) Because all we see has its source in the spiritual realm, we need strong faith to make our spiritual blessings become a reality physically.
- 6) Keep working for God through kingdom service and He will remain faithful to you.
- 7) The weapon of praise brings God into our situation. It's what you engage with when you've tried it all and nothing seems to be working. When you feel down, give God praise and take note of the changes that occur.

CHAPTER FIVE

Take care of your mental health physically.

As earlier stated, in the development of poor mental health, there is always a stressor/ traumatic event that is linked to it. Things to note about the stressor -The stressor can be a one-time event like the death of a loved one or something recurrent, e.g molestation, unemployment, war, etc. -The level of stress differs. -Also, the way people react to these stressors differs. What one person may take as nothing serious, another may drown in it.

Develop a positive attitude:

Once you find your self worth, then you can develop a positive coping strategy that works for you e.g - Exercise daily/ weekly, depending on what works for you.

- Eat healthy, stay off smoking, alcohol and other things that may be injurious to your health
- Take time out to pamper yourself e.g, taking a vacation, taking time to meditate. In summary, take time to breath. The free and fresh air God has given us is not for nothing.
- Learn something new, e.g an instrument, a language, creativity, etc.
- This may be the time to write a book about the traumatic experience. You have no idea how many lives you will be helping out there.
- Find someone who is a fresh victim of what has happened to you and help them. There is usually this feeling of satisfaction and fulfillment when you are able to help someone. Not everything is about chasing money. For more on taking care of your mental health physically, you can purchase the book [here](#).

CONCLUSION

This is just the summary of the book titled “Your Mental Health”. To purchase the main book, click [here](#). Visit our website: <https://www.oluchicrafts.com> for more posts on spirituality, and mental and physical health. Feel free to email me at oluchinwoha@gmail.com.

Take time to read this book and put all you have learnt into practice to enjoy the full benefit of it.

Always remember that you are very much loved by your Heavenly father.

Remain Blessed.