

# TREAT YO' SELF

## How to Protect Your Mental Health

**APRIL 28, 2024**

None of us are looking for anxiety, fear, or depression, but they somehow manage to ambush us in the flow of our daily lives. The good news is, there are some simple things we can do to reduce these threats, and God doesn't want us to fight the mental health battle on our own.

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### MESSAGE NOTES AND HIGHLIGHTS

- More and more people are acknowledging mental health issues—this is a start.
- The way we engage with technology can lead us to more anxiety, more comparison, and more isolation.
- One straightforward way to protect our mental health is to limit our time spent online.
- “Comparison either makes you feel superior or inferior, and neither is pleasing to God.” | Craig Groeschel
- Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. | Philippians 4:6-7
- Another tool to help our mental health is praise and worship.
- Big God = Small Problems. Small God = Big Problems. When we focus on how great God is, our problems can be put into perspective.
- God is our refuge and strength, an ever-present help in trouble. | Psalm 46:1
- We don't have to be our own refuge or strength; we can lean on Jesus to help us and to help us help others.

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### DISCUSSION QUESTIONS

1. In what ways, big or small, have you dealt with fear, anxiety, or depression recently?
2. One major detriment to our mental health is the role of technology in our lives. What habits do you have with technology that you've come to realize are not beneficial for you? What have you found to be helpful when it comes to boundaries or limitations with technology?
3. Philippians 4 tells us that our first response when we start to feel anxious should be to pray. How do you think that practice would impact your mental health?
4. Praise and worship and anything that can focus us on the qualities of God can often help put our problems into perspective. Have you found this to be true?
5. When it comes to mental health, how important is the role of community and knowing you're not alone? How do you lean into God and community when you're struggling?