

A MESSAGE SERIES
ABOUT
OVERCOMING
MENTAL STRESS

DISTRESSED
DISTRESSED

"THE MOST AFFECTED AREA IN THIS SEASON
IS OUR MENTAL HEALTH"

Young adults hardest hit by
loneliness during pandemic
COVID-19 has produced
'alarming' increase in loneliness
及有下的精神健康伤害
Penang recorded 53 suicide deaths, 19 attempted
from January to May this year

**In the survey of 1,008 people aged 18-35, 80% of participants reported
“significant depressive symptoms” during the pandemic.**

(University of Miami Research)

疫情影响 心理辅导需求增
1,099 bunuh diri sejak 2020 hingga
kes bunuh diri sepanjang tahun 2020
poh Januari
问题 去年1080宗自杀不
A shocking statistic – four suicide
cases a day in first three months



**THE 4 AREAS OF
MENTAL STRESS**

**1. Isolation / Loneliness
2. Anxiety / Worry**

**3. Stress / Anger
4. Hopelessness / Loss of identity**

Matt 26 ³⁸ Then he said to them, “My soul is overwhelmed with sorrow to the point of death

PS 107
6, 13, 19, 28

Then they cried out to the Lord in their trouble,
and he delivered them from their distress.

*OUR
SOUL AND MIND*

Soul = Mind + Will + Emotion



MIND

- An extremely rich and powerful component of who we are
- Think, plan, decide, formulate, ponder, process, learn, memorize, etc.

ONE OF THE
EXPRESSIONS OF
THE MIND:

the most trodden path. It LEADS us, it STEERS our path

**Sow a thought and you reap an action; sow an act and you reap a habit;
sow a habit and you reap a character; sow a character and you reap a destiny.**

Emerson

1 Pet 1¹³ Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ

ISOLATION /
LONELINESS

Gen 2¹⁸ And the LORD God said,
“It is not good that man should be alone

✖ ISOLATION /
LONELINESS

Num 11¹⁴ I am not able to bear all these people alone,
because the burden *is* too heavy for me.

ISOLATION /
LONELINESS

1 Ki 18 ²² Then Elijah said to the people, “I alone am left a prophet of the LORD; but Baal’s prophets *are* four hundred and fifty men (19:10, 19:14)

ISOLATION /
LONELINESS

Ecc1 4¹⁰ For if they fall, one will lift up his companion.
But woe to him *who is alone* when he falls, For *he has*
no one to help him up.

Ps 68⁶ God sets the lonely in families

WE ARE NOT CREATED TO BE IN ISOLATION
WE ARE CREATED TO BE IN A COMMUNITY