



MADE WHOLE

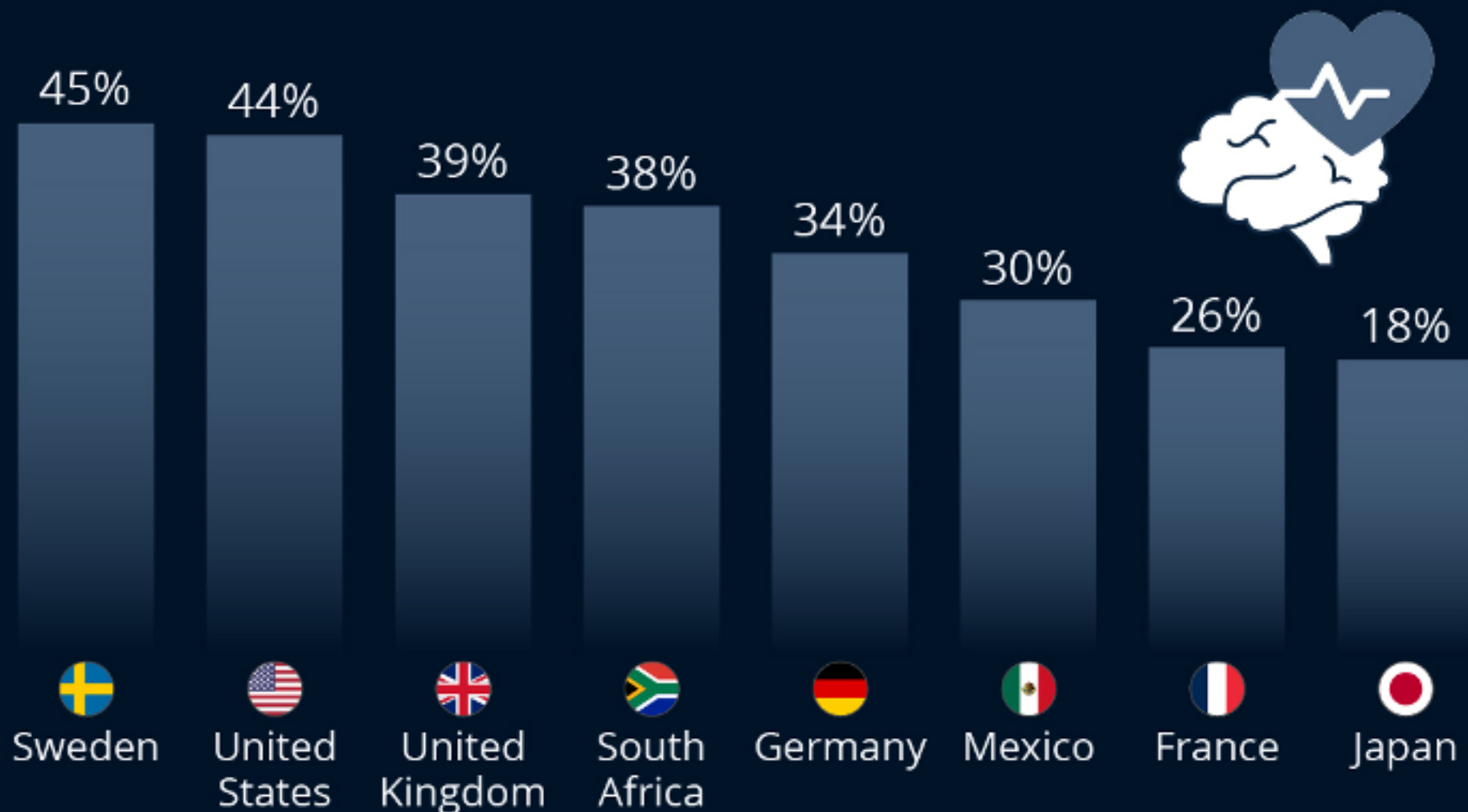
A SERIES ON MENTAL HEALTH



EVERY NATION
CHURCH • PENANG

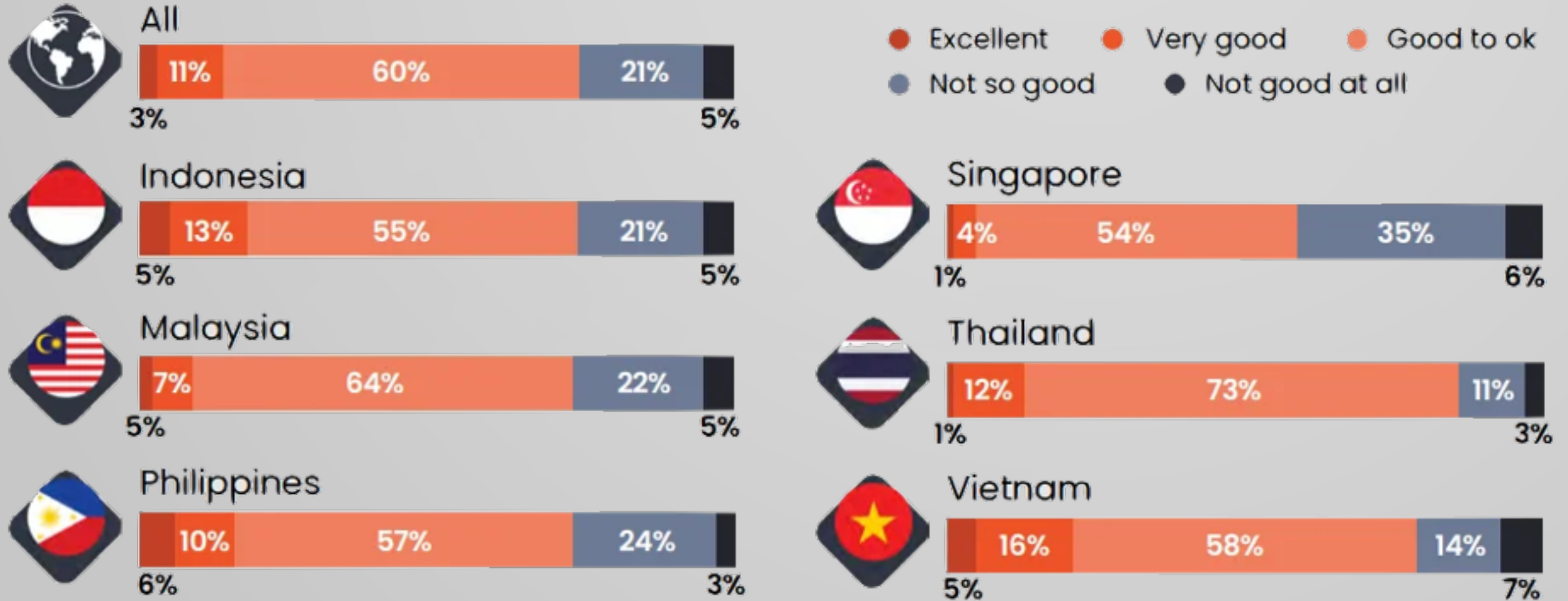
How Widespread Are Stress, Depression and Anxiety?

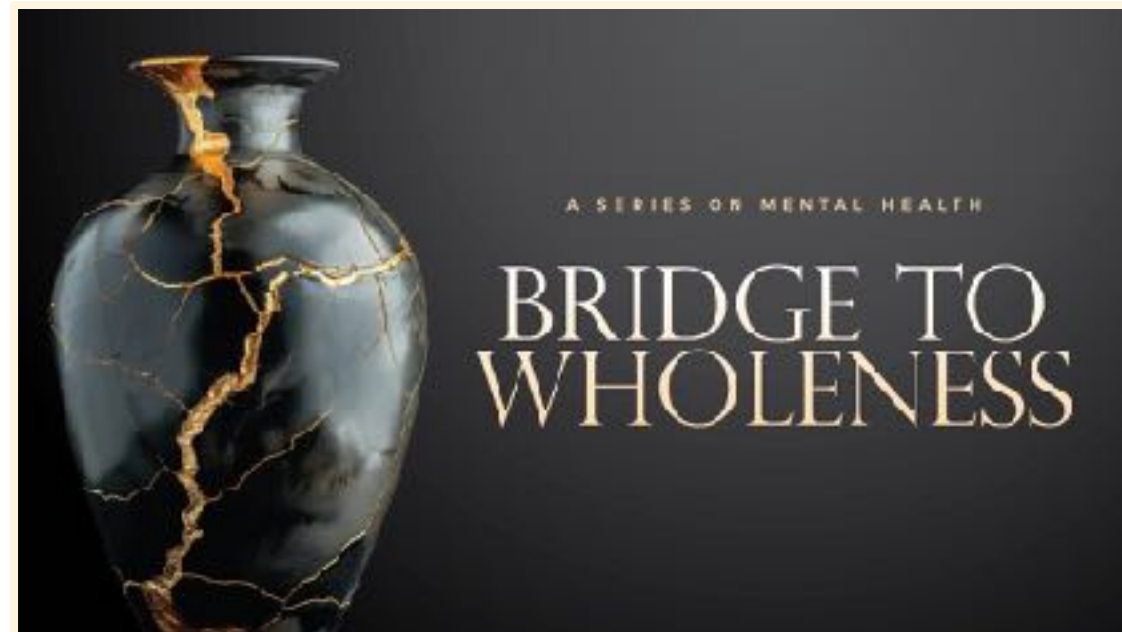
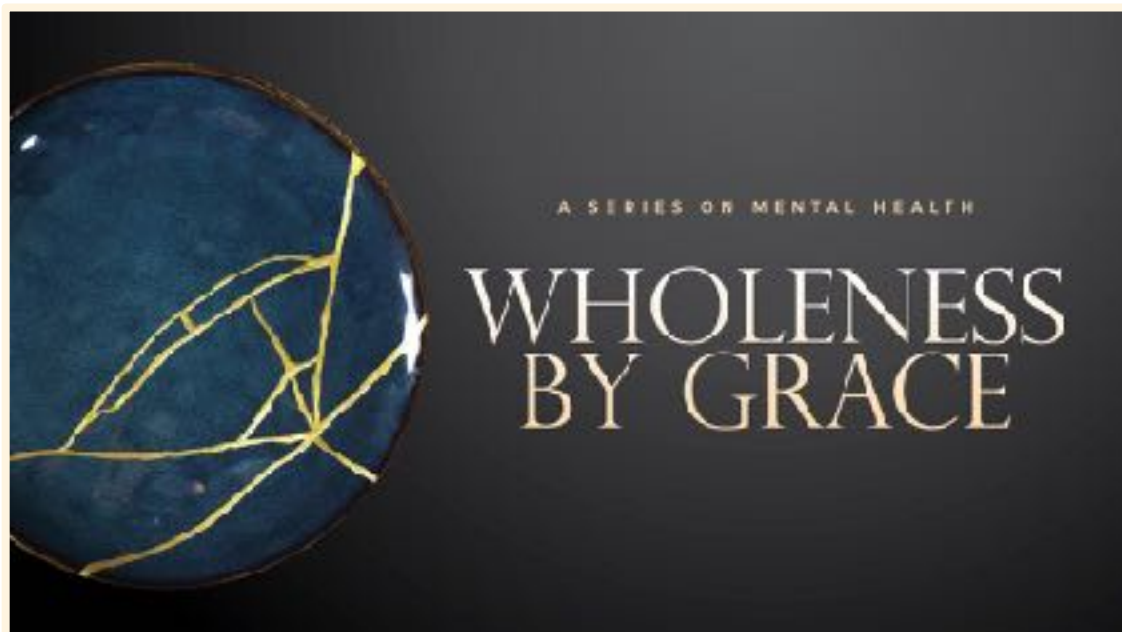
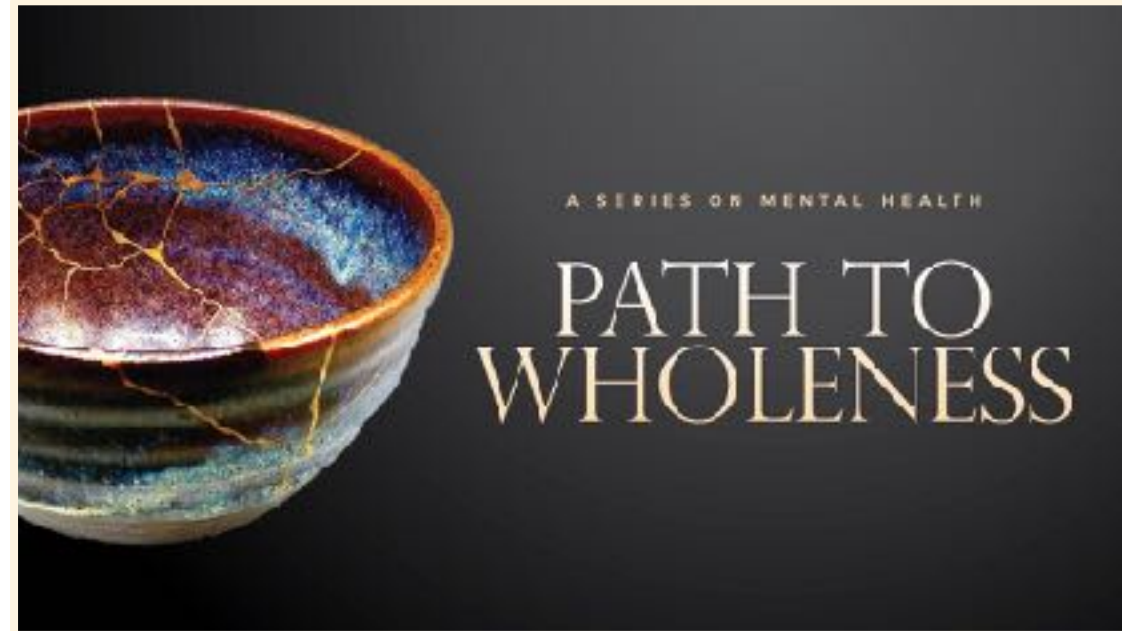
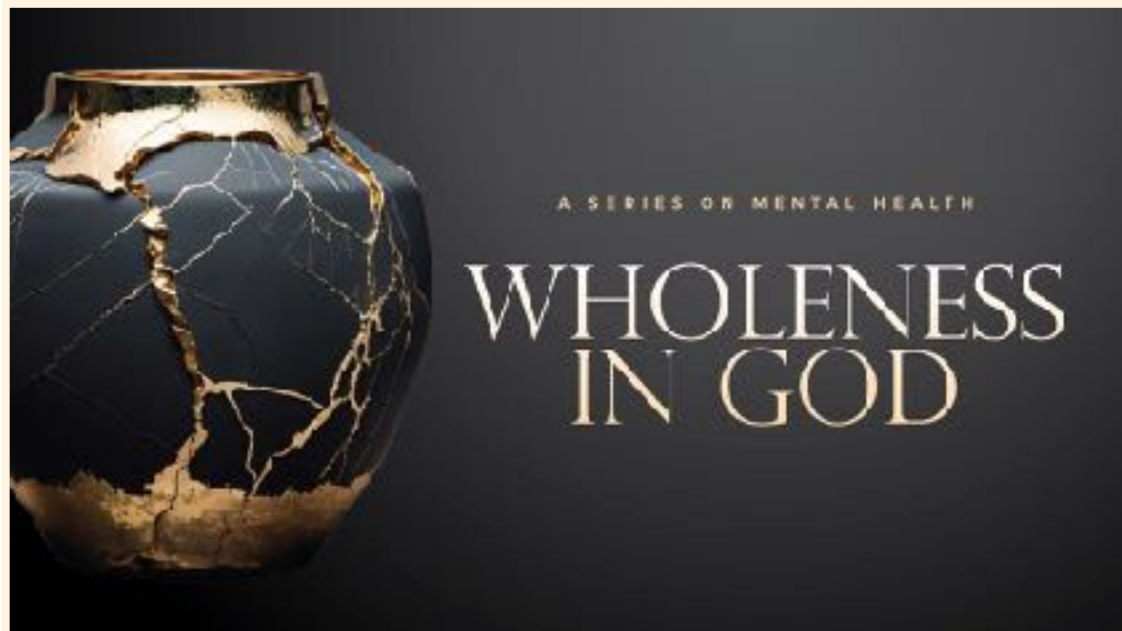
Share of respondents in selected countries who have experienced mental health problems in the last 12 months



1,000-10,000 respondents (18-64 y/o) surveyed per country Jul. 2022-Jun. 2023
Source: Statista Consumer Insights

State of Mental Well-being in South East Asia

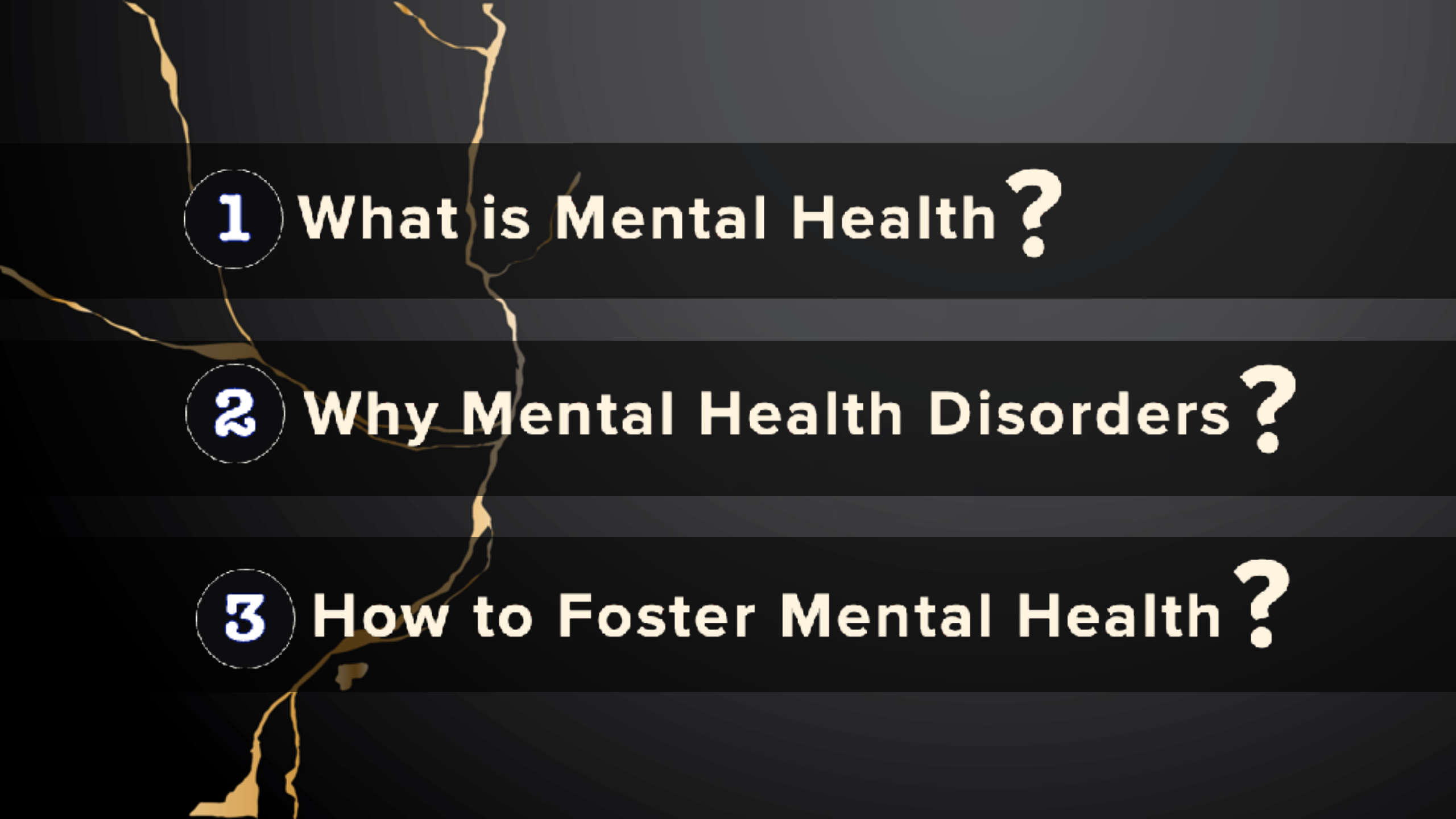






A SERIES ON MENTAL HEALTH

WHOLENESS IN GOD



1 What is Mental Health?

2 Why Mental Health Disorders?

3 How to Foster Mental Health?

²³ Now may the God of peace himself **sanctify** you completely, and may your whole **spirit** and **soul** and **body** be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is **faithful**; he will surely do it.

1 Thessalonians 5:23-24 (ESV)



1

**What is
Mental Health ?**

MENTAL HEALTH CONCERNS IN SINGAPORE

Several times in the past year Once in the past year



55%

felt stressed to the point where it had an impact on how they live their daily lives

24%

31%



55%

felt stressed to the point where they felt like they could not cope or deal with things

23%

32%



39%

felt stressed to the point where they could not go to work for a period of time

15%

24%



49%

felt depressed to the point where they felt sad or hopeless almost everyday for a couple of weeks or more

20%

29%



27%

seriously considered suicide or self-hurt

10%

17%



MALAYSIA'S MENTAL HEALTH PROBLEM

National Health and Morbidity Survey (NHMS) 2015 data:

- 29.2% of 4.2 million Malaysians aged 16 and above suffered from mental health problems

NHMS 2017 data:

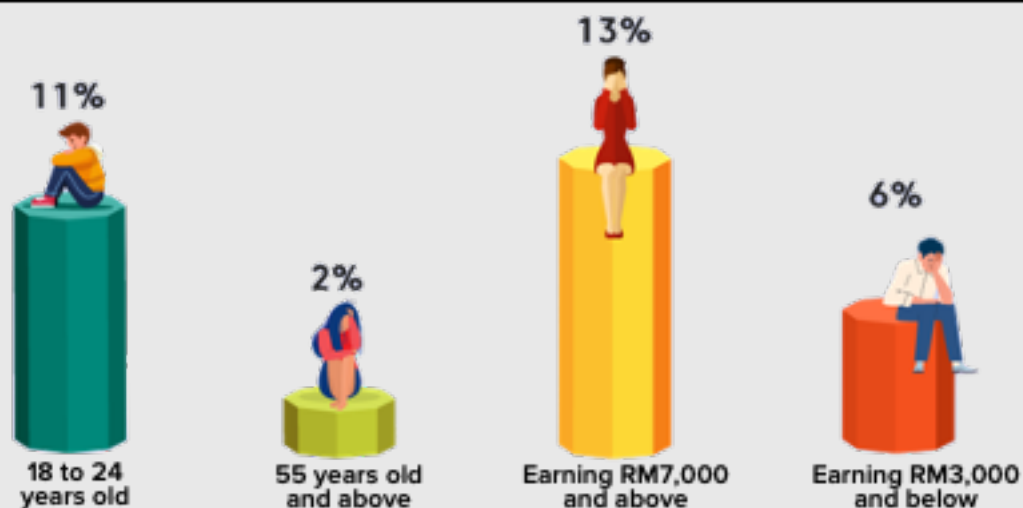
- 1 in 5 teens felt overwhelmed
- 2 out of 5 suffered from anxiety
- 11.2% had suicidal thoughts
- 10.1% tried to commit suicide



Causes include:

- Traumatic event in childhood/at home
- Family history/genetic
- Modern technology/social media /cyberbullying

MID-2019 MENTAL HEALTH ISSUE PREVALENCE IN MALAYSIA (BY DEMOGRAPHY)



State of Mental WellBeing in South East Asia

Vietnam's Work Woes



37%
of Vietnamese
report feeling
bogged down at
the workplace.

Thailand's Grin and Win

The country's land of smiles tag holds true, with nearly nine in ten of its population feeling at least okay or better.



Malaysia's Media Misery

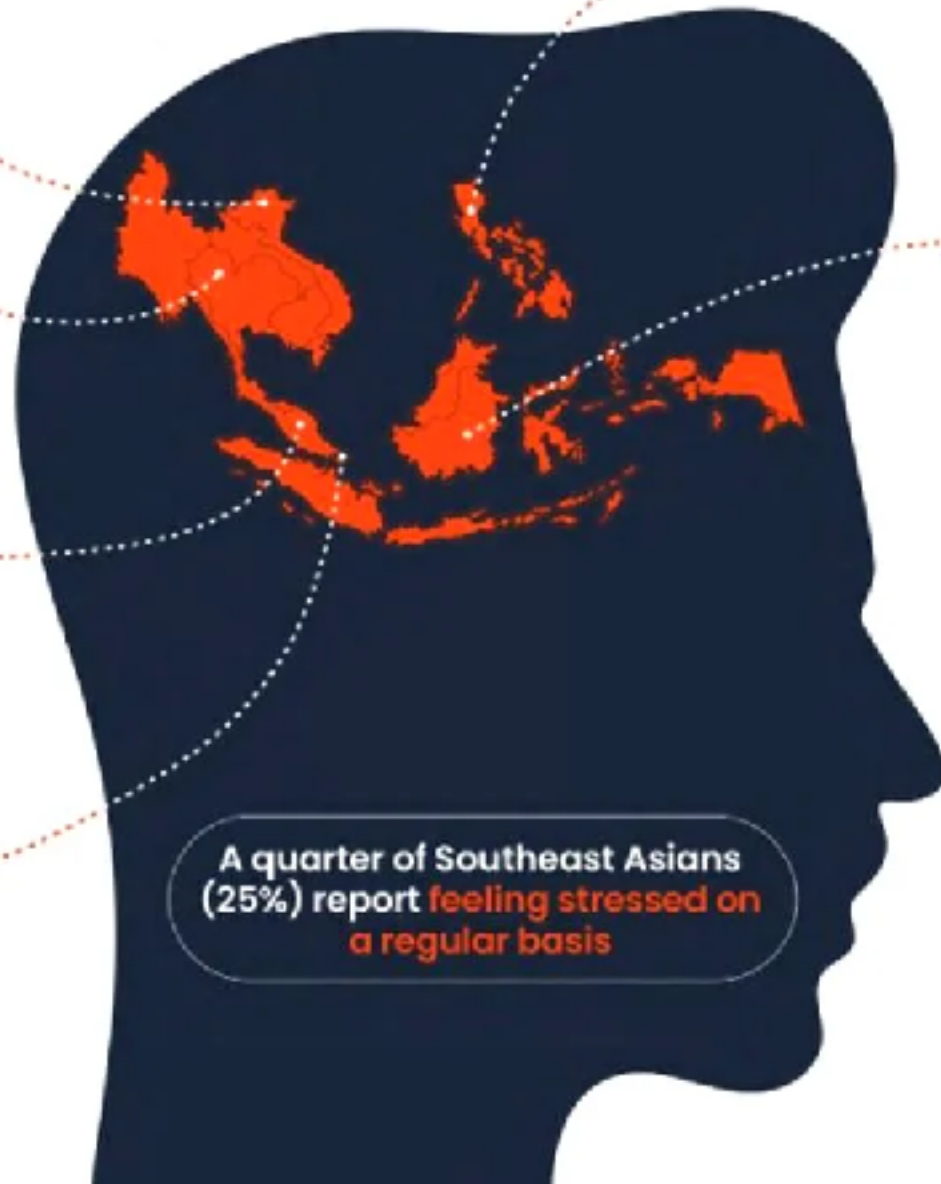


An overwhelming 85% of young Malaysians believe that social media pressure negatively affects their mental well-being — twice the regional average.

Singapore's Sombre Seniors



78%
Approximately four in
five older Singaporeans
say they aren't in the
best of spirits.



A quarter of Southeast Asians
(25%) report **feeling stressed on
a regular basis**

Filipinos' Financial Frustrations



Filipinos are the most affected
by financial concerns, with almost
two in five facing money-related
problems.

Indonesia's Faithful Fervour



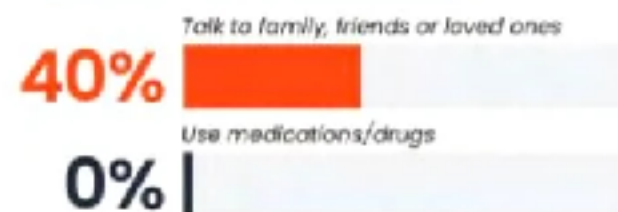
29%
of Indonesians find solace in
religion during challenging
times, highest in the region.

Sullen Southeast Asia



4%
A mere 4% of individuals in SEA report
an improvement in their mental health
since COVID-19.

Friends & Family Outrank the Pharmacy!



Southeast Asians regard loved ones as first responders
when it comes to dealing with mental health issues.

Mental Health vs Mental Illness

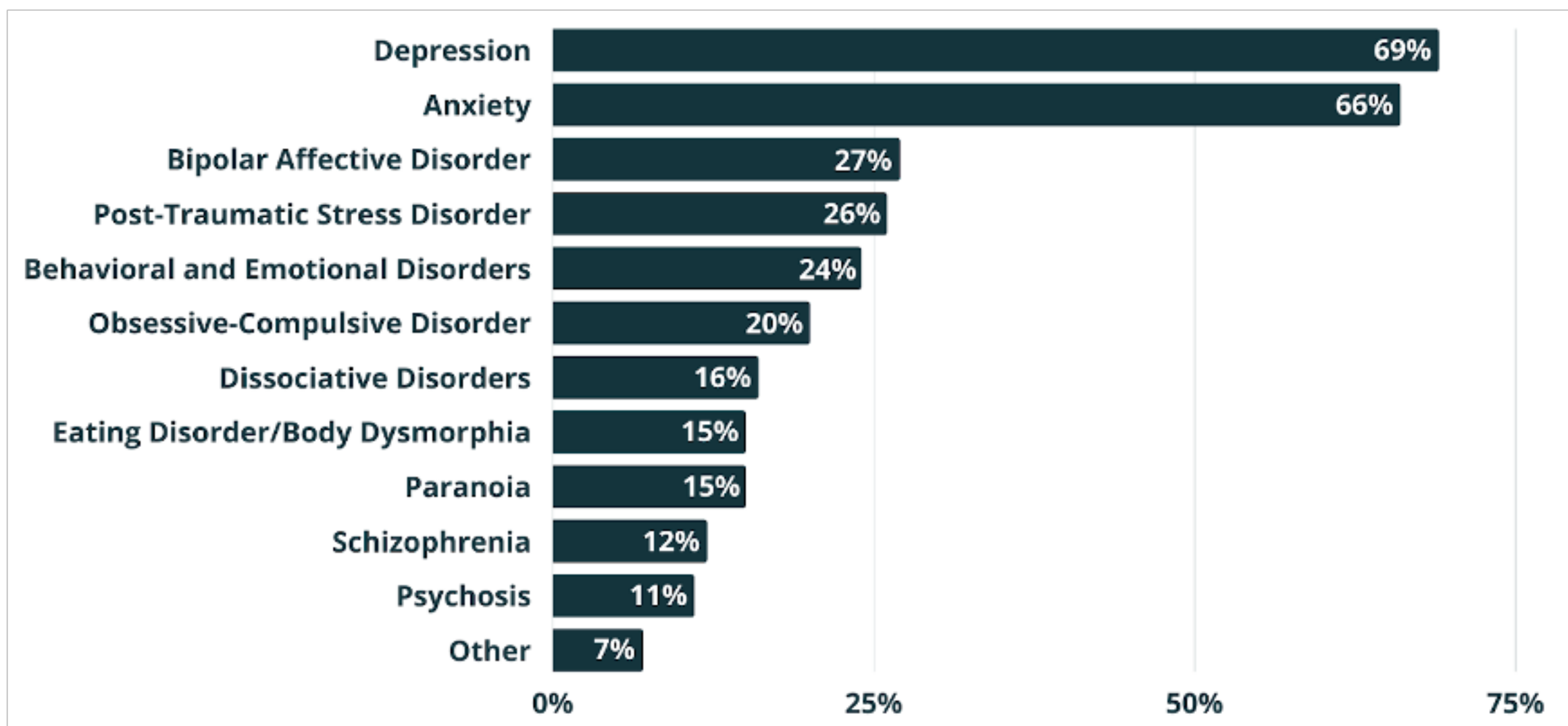


Mental health is a state of our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices

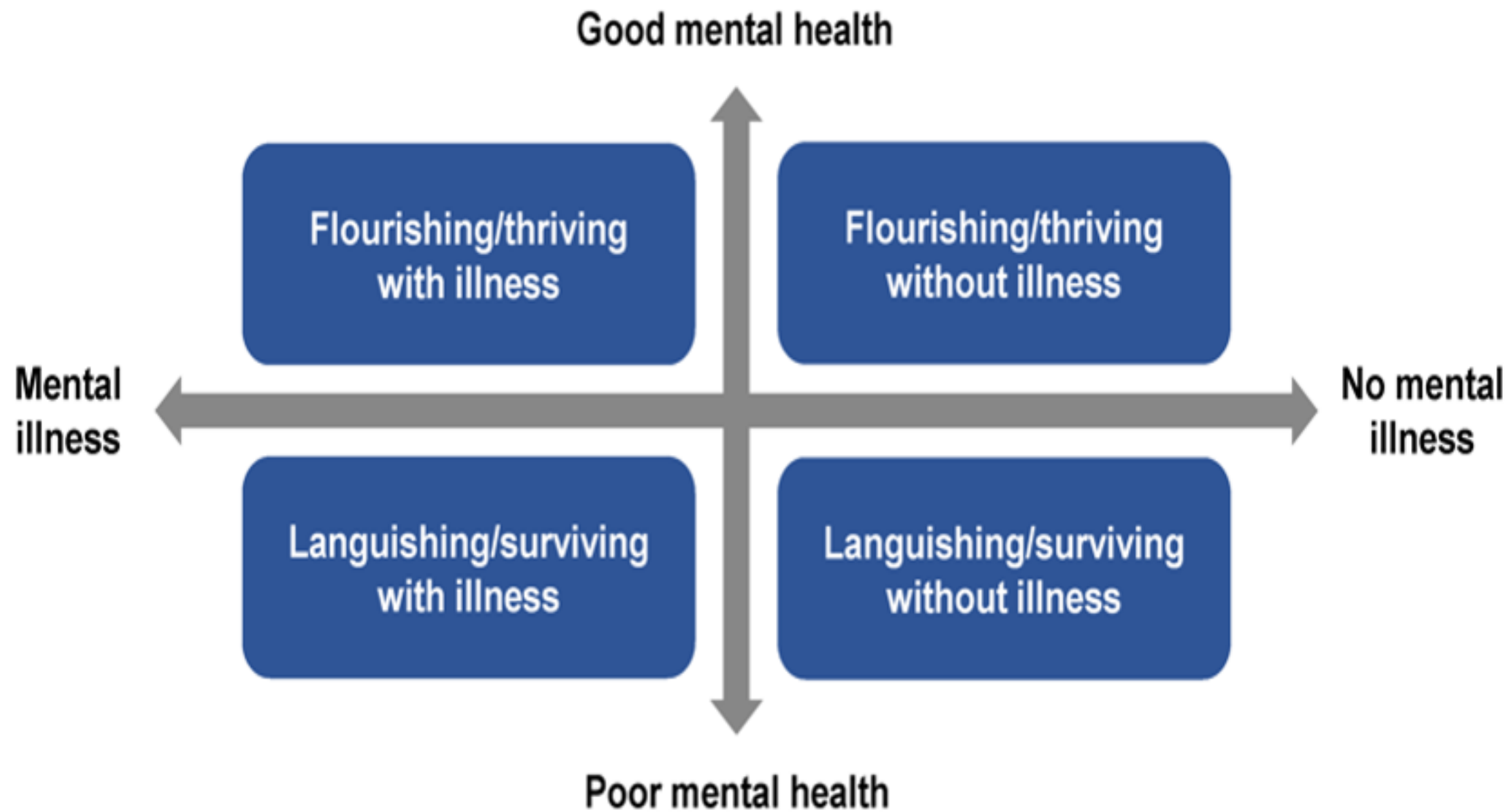


A mental illness is a diagnosable disorder that affects the way a person feels, thinks, acts or experiences the world.

Common Mental Illness Diagnosis



Mental Health vs Mental Illness



Mental Health Myths



⁵ Why are you **cast down**, O my soul, and why are you in **turmoil** within me? Hope in God; for I shall again praise him, my salvation."

Psalm 42:5 (ESV)

²⁵ "**Anxiety** in a man's heart **weighs him down**, but a **good word** makes him **glad**."

Proverbs 12:25 (ESV)

⁴ But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he **might die**, saying, "**It is enough**; now, O Lord, take **away my life**, for I am no better than my fathers."

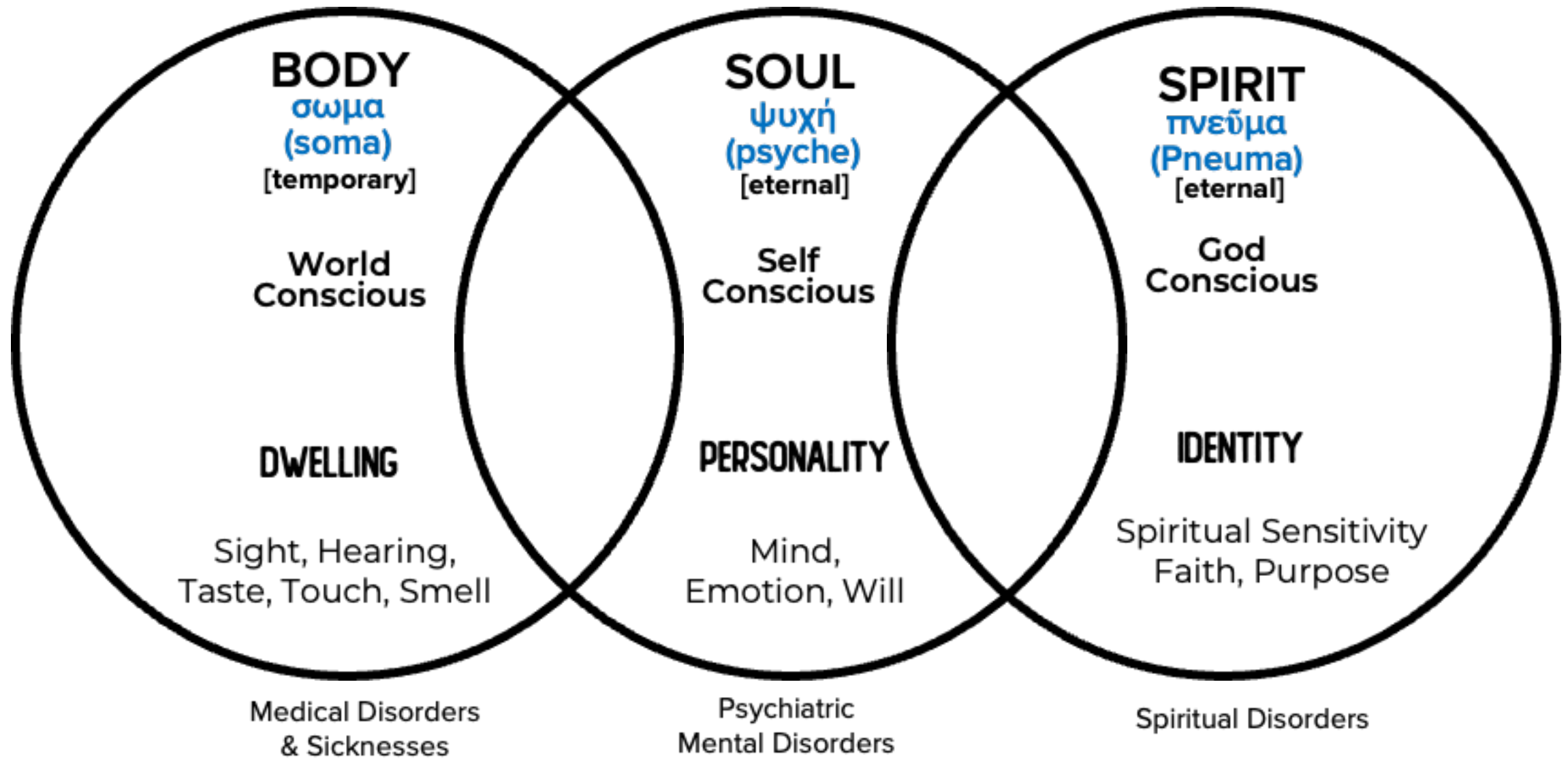
1 Kings 19:4 (ESV)

Descriptive spiritual languages of 'mental health'	Biblical reference
Depressed, downcast, sorrow, despair of spirit/soul,the pit	Psalms 42:5 Psalms 40:2
Hearts fail us, heart overwhelmed,	Ps. 40:12, 1 John 3:2
Waves overwhelmed, weary with crying, walk through fire	Ps. 69:1-3 Isaiah 43:1-4 Luke 4:46-49
Brokenhearted, crushed in spirit, afflicted, mourning, fainting spirit	Ps. 34:18, Isa 61:1-3
Deeply grieved to the point of death	Matt 26:38

⁷ And the LORD God formed man of the **dust of the ground**, and breathed into his nostrils the **breath of life**; and man **became a living soul**.

Genesis 2:7 (KJV)

The Tripartite Man



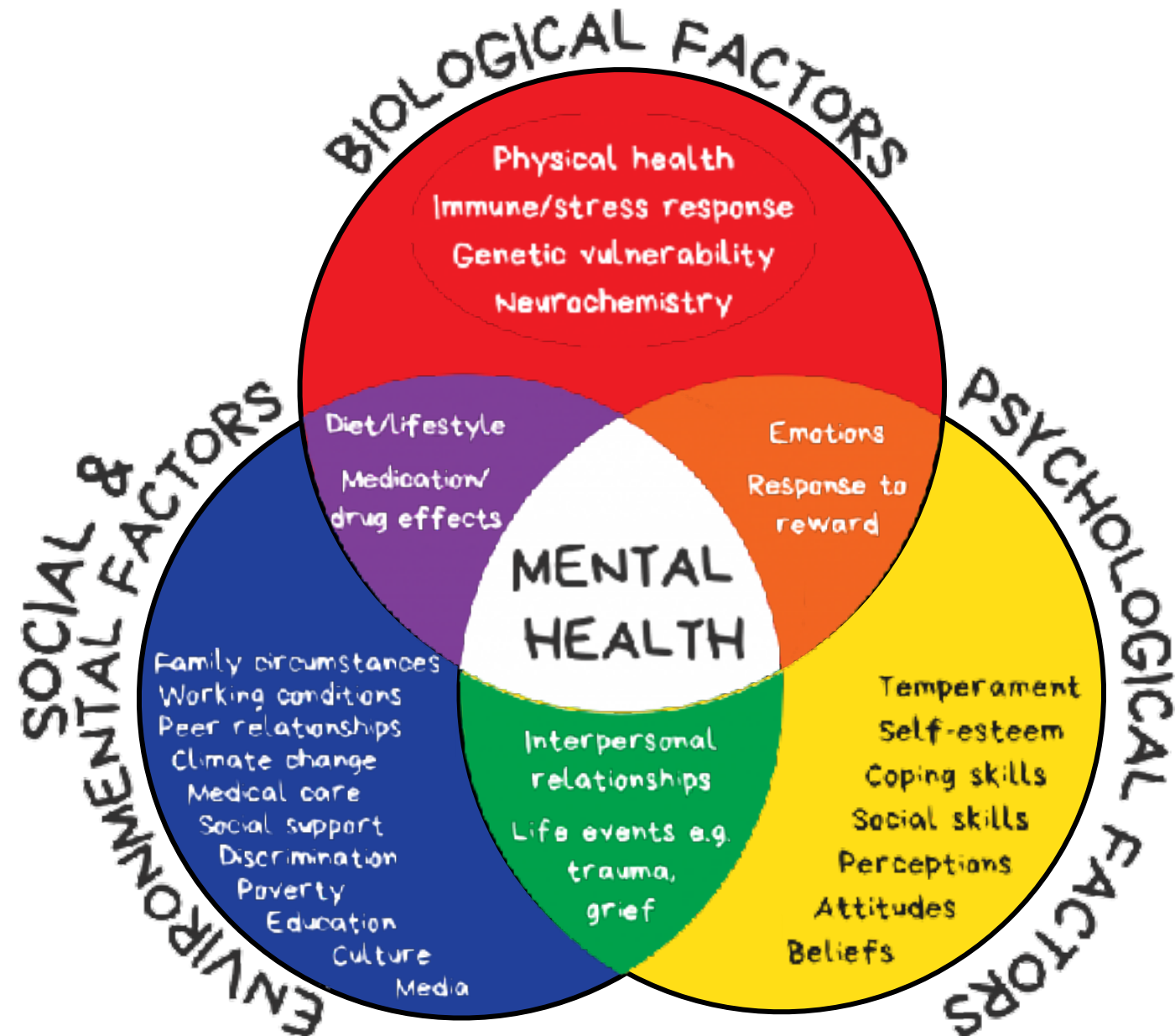


2

Why Mental Health Disorders



Causes of Mental Health Problems



¹⁶ To the woman he said, “I will surely multiply your **pain** in childbearing; in **pain** you shall bring forth children. Your **desire** shall be **contrary to your husband**, but he shall **rule over you.**” ¹⁷ And to Adam he said, “Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, ‘You shall not eat of it,’ **cursed is the ground** because of you; in **pain** you shall eat of it all the days of your life;

Genesis 3:16-17 (ESV)

¹⁸ thorns and thistles it shall bring forth for you and you shall eat the plants of the field. ¹⁹ By the **sweat of your face** you shall eat bread, **till you return to the ground**, for out of it you were taken; for you are dust, and to **dust you shall return.**”

Genesis 3:18-19 (ESV)

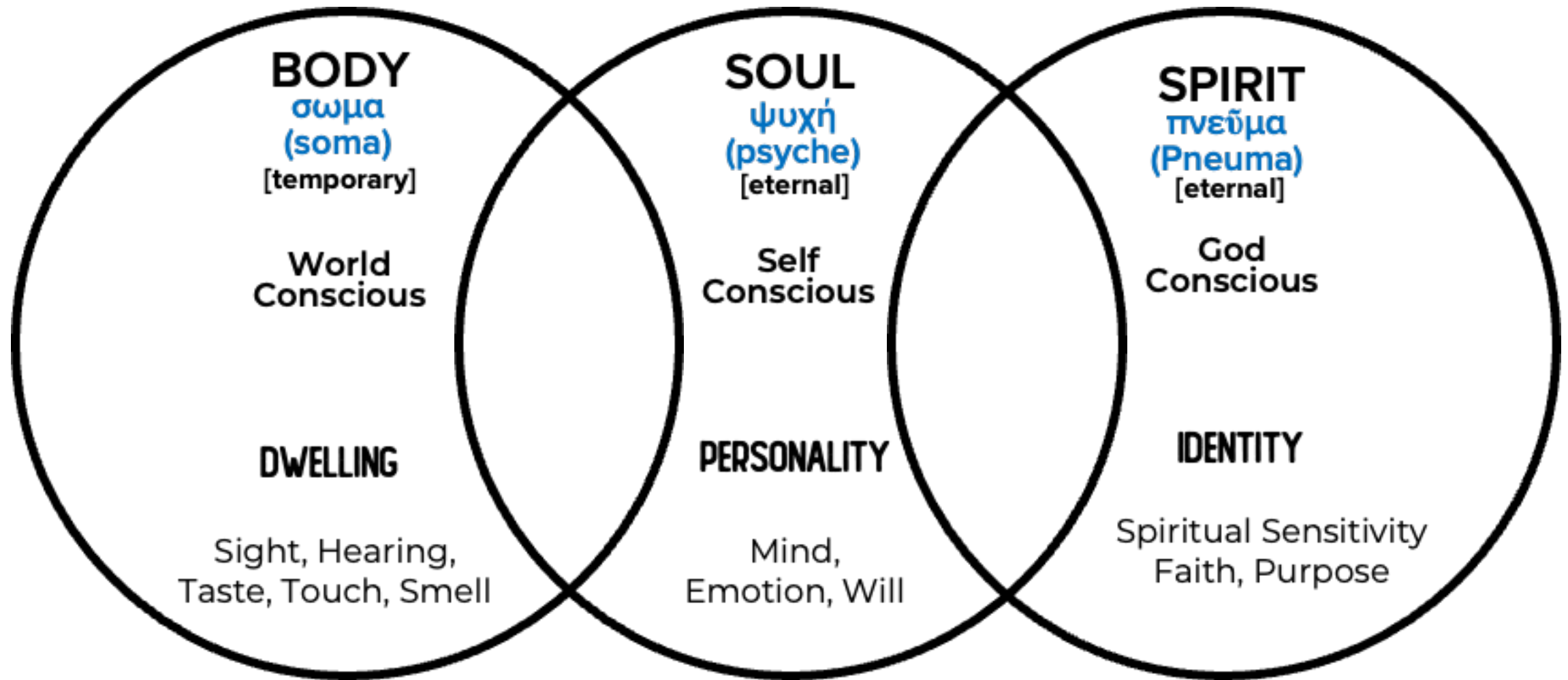
The Perfect Man Before Fall



¹² Therefore, just as **sin** came into the world **through one man**, and **death** through **sin**, and so **death spread to all men** because all sinned.

Romans 5:12 (ESV)

The Tripartite Man

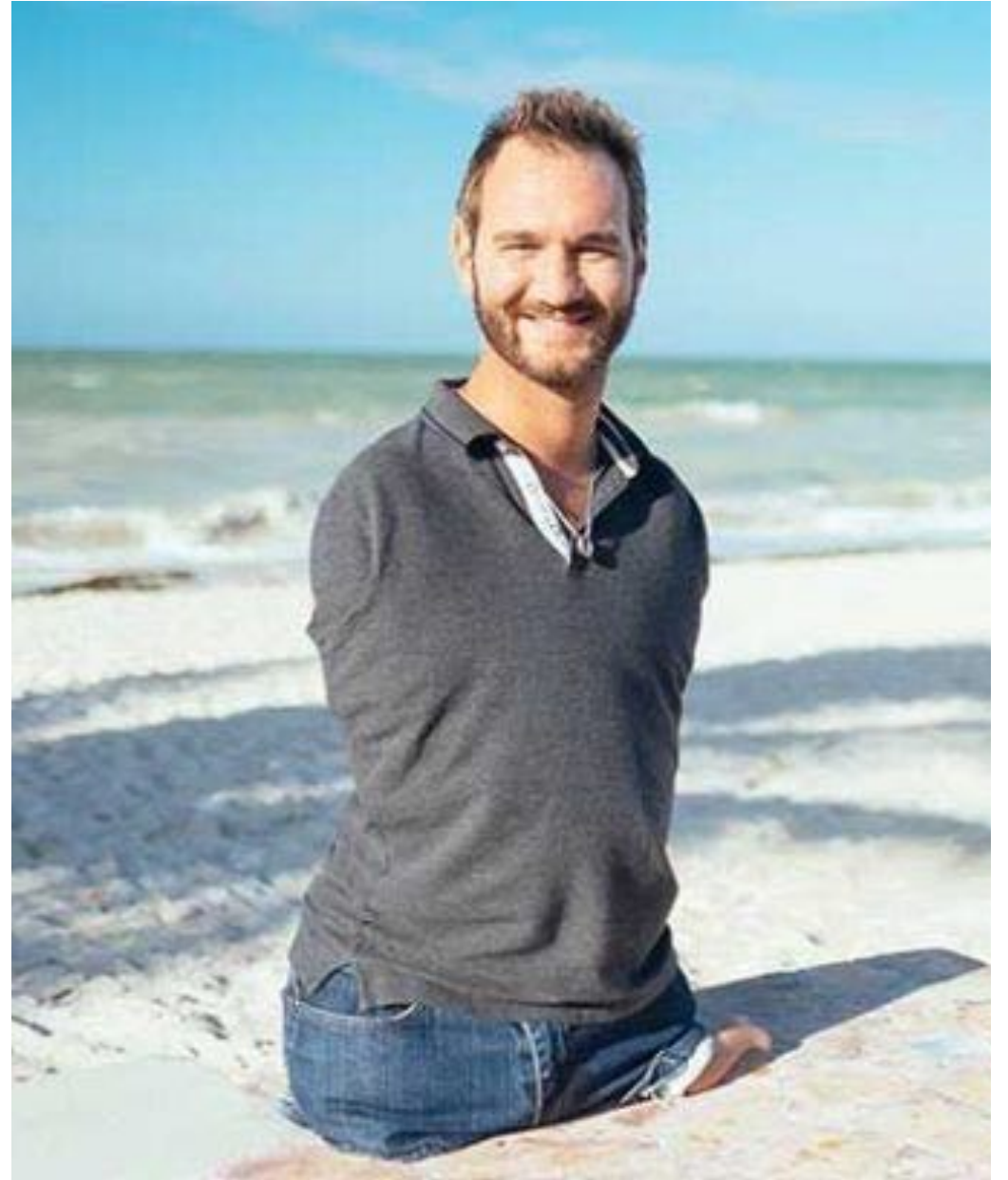


⁷ For the **mind** that is **set on the flesh** is **hostile** to **God**, for it does **not submit to God's law**; indeed, it **cannot**. ⁸ Those who are **in the flesh cannot please God**.

Romans 8:7-8 (ESV)

¹⁷ Now this I say and testify in the Lord, that you must no longer walk **as the Gentiles do**, in the **futility of their minds**. ¹⁸ They are **darkened** in their **understanding, alienated** from the **life of God** because of the **ignorance** that is in them, due to their **hardness of heart**.

Ephesians 4:17-18 (ESV)



HOME | NEWS | WORLD NEWS

'A LITTLE AFRAID' | Dutch woman (28) to die by euthanasia due to crippling depression

Despite being in love with her 40-year-old boyfriend and living with two cats, she is scheduled to be euthanised in May



Zoraya for Beak

- LATEST

 MORE

1 **SECRECY** | Cops refuse to explain why gun used in 1981 murder was destroyed

2 **'STATE OF PANIC'** | Irishman caught up in Sydney stab attack tells of 'horrific' scenes

3 **'HEART-BREAKING'** | Five people aged between 20 and 70 arrested after remains of baby found in Manchester

4 **LATEST** | Man quizzed on suspicion of attempted murder after Banbridge shooting

5 **LETHAL WEAPONS** | Plumber jailed for converting blank guns into firearms described as 'danger to the public'



Nick Vujicic



Nick Vujicic

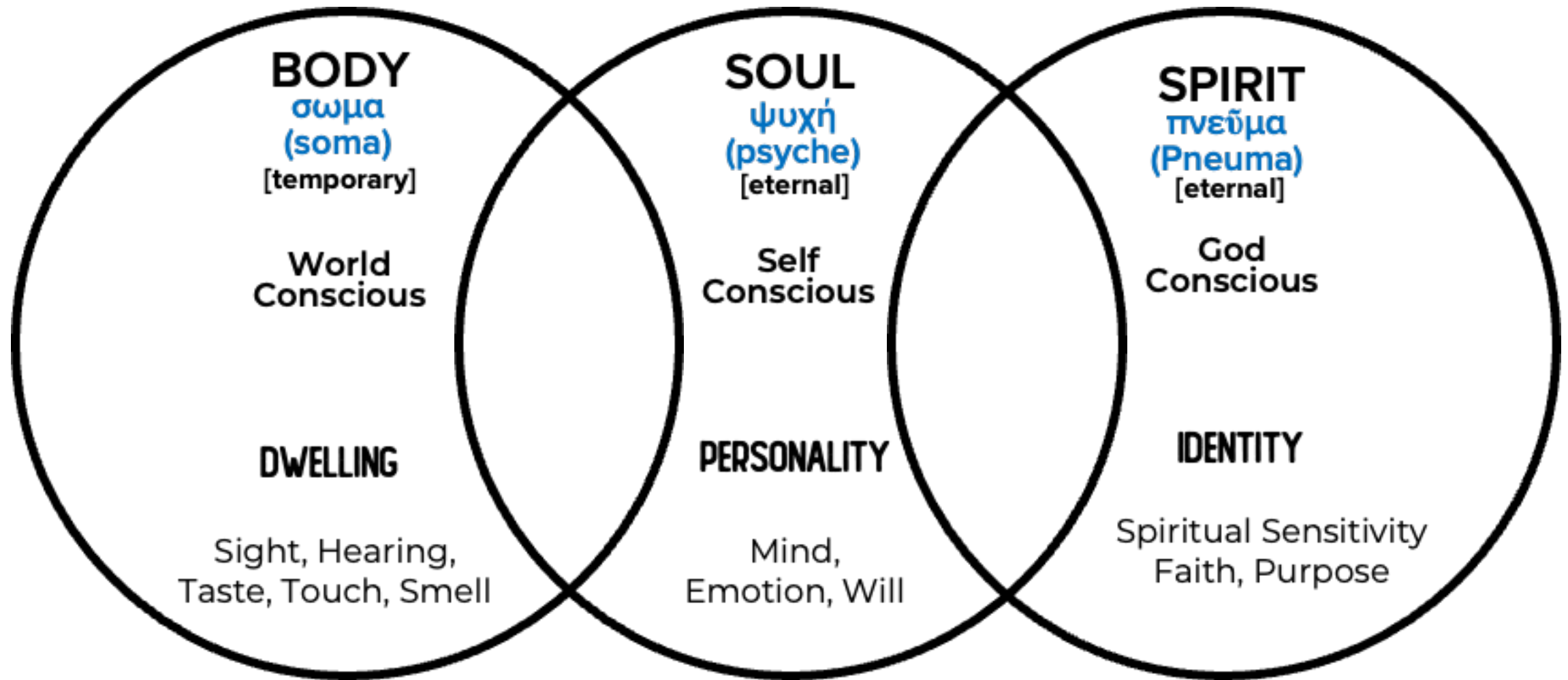


3

**How to foster
Mental Health**



The Tripartite Man



a) Reconcile the Spiritual Life

¹² But to all who did **receive him**, who **believed in his name**, he gave the right to **become children of God**, ¹³ who were born, **not of blood** nor of **the will of the flesh** nor of the will of man, but **of God**.

John 1:12-13 (ESV)

a) Reconcile the Spiritual Life

⁵ he **saved us**, not because of works done by us in righteousness, but according to his **own mercy**, by the washing of regeneration and **renewal of the Holy Spirit**, ⁶ whom he poured out on us richly **through Jesus Christ our Savior**, ⁷ so that being justified by his grace we might become **heirs** according to the **hope of eternal life**

Titus 3:5-7 (ESV)

HEALTH

Good genes are nice, but joy is better

Liz Mineo | Harvard Staff Writer

April 11, 2017 • 9 min read

Harvard study, almost 80 years old, has proved that embracing community helps us live longer, and be happier



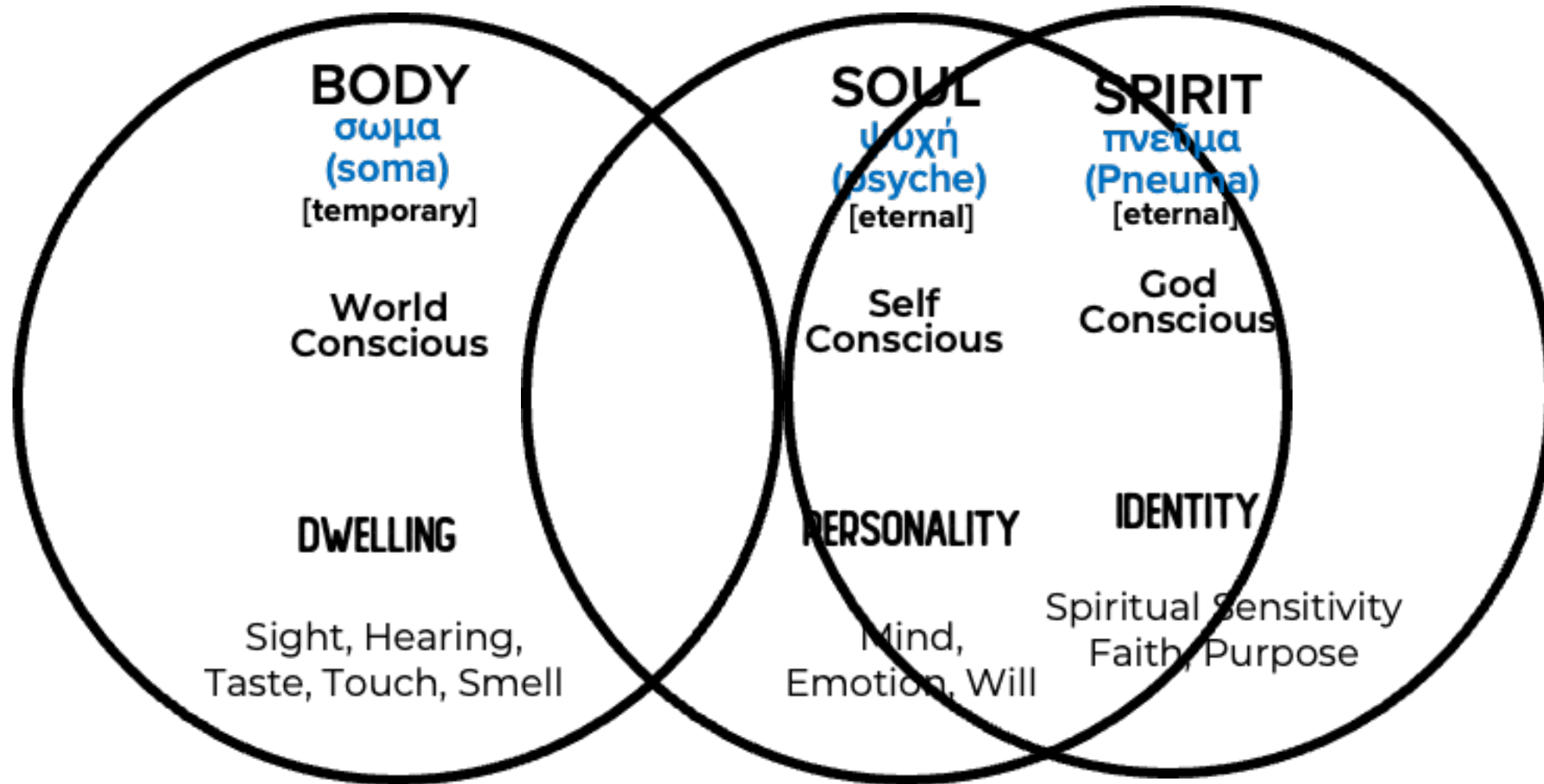
Part of the
Tackling Issues of Aging series

A series on how Harvard researchers are tackling the problematic issues of aging.

When scientists began tracking the health of 268 Harvard sophomores in 1938 during the Great Depression, they hoped the longitudinal study would reveal clues to leading healthy and happy lives.



The Tripartite Man

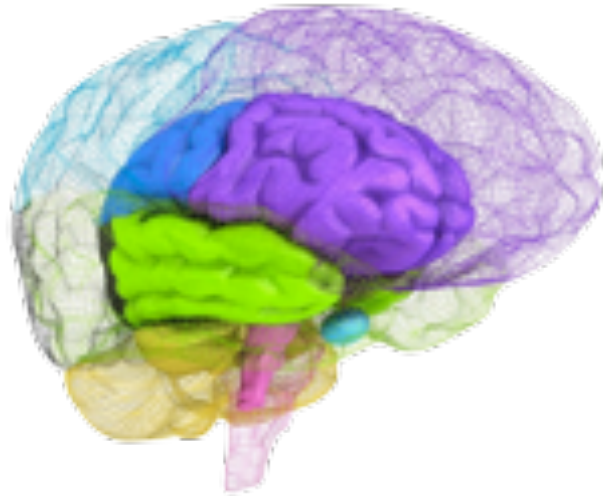


b) Renew the Thought Life

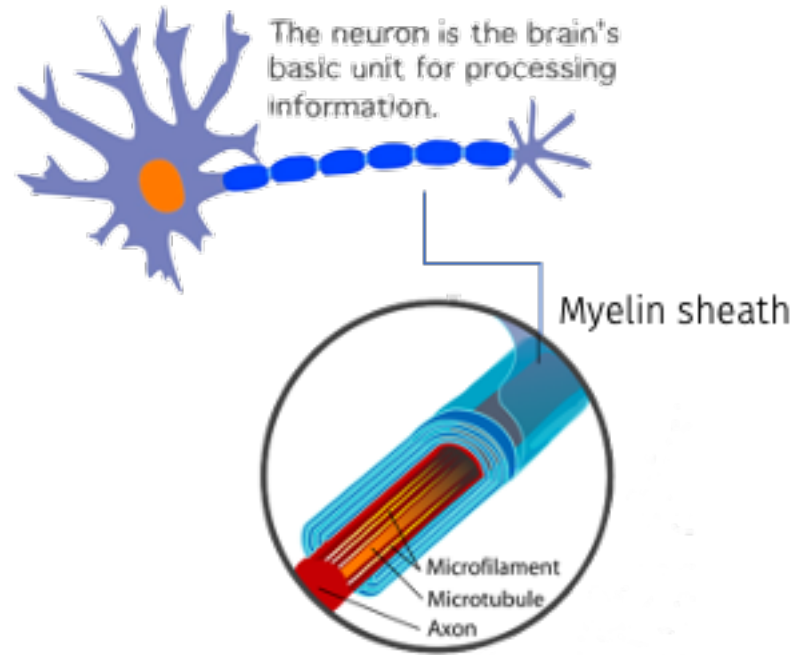
² "**Do not** be **conformed** to this **world**, but be **transformed by the renewal** of your **mind**, that by testing you may discern what is **the will of God**, what is **good** and **acceptable** and **perfect**."

Romans 12:2 (ESV)

Basic Facts on the Brain



BRAIN CELLS
100 BILLION
NEURONS



250,000
NEURONS

produced
per minute
in early
pregnancy




65,000 Thoughts
Every day

b) Renew the Thought Life

⁵ We destroy **arguments** and every lofty **opinion** raised **against the knowledge of God**, and take **every thought captive** to obey Christ,

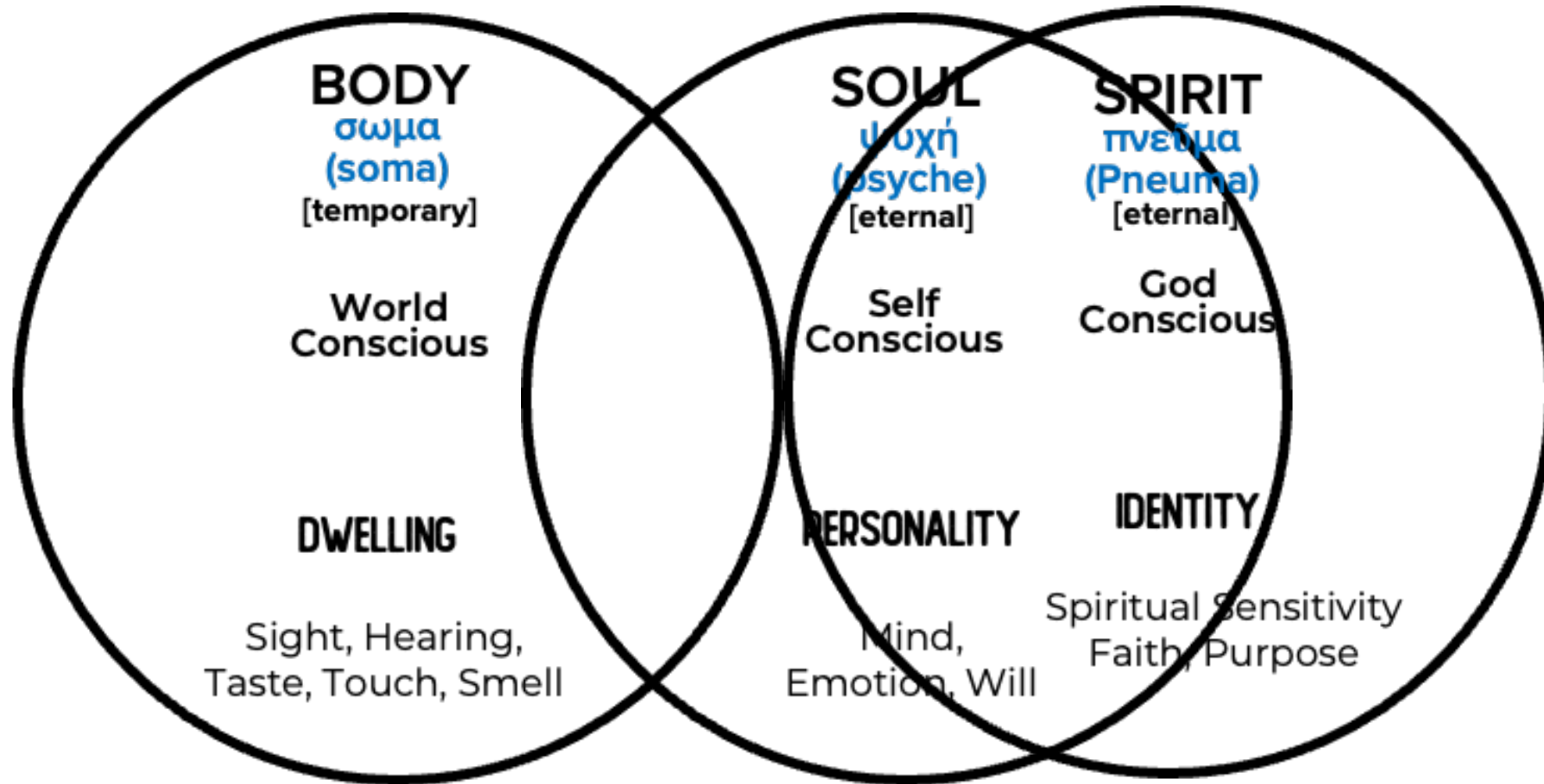
2 Corinthians 10:5 (ESV)

A grayscale microscopic image showing plant tissue. The image features a network of thin, branching cell walls. Several large, circular cells are visible, some with prominent, dark, circular structures in their centers, likely representing nuclei or chloroplasts. The overall texture is fibrous and porous.

RECORDED WITH

SCREENCAST  MATIC

The Tripartite Man

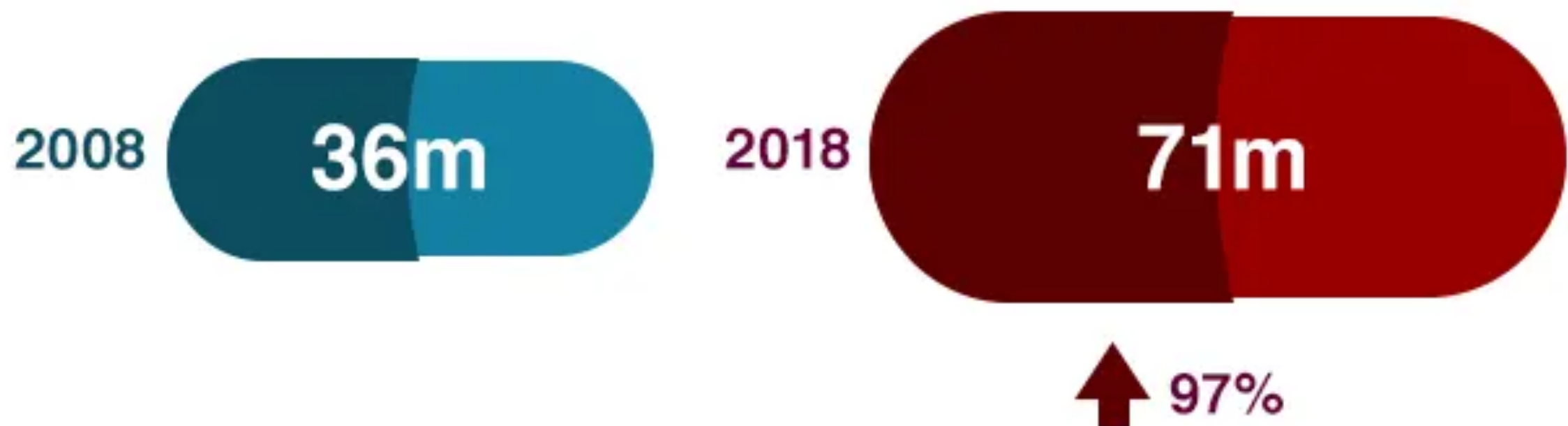


c) Refuel the Physical Life

¹⁶ Do you not know that you are **God's temple** and that **God's Spirit dwells in you**?

1 Corinthians 3:16 (ESV)

Antidepressant prescriptions have almost doubled in ten years



Source: NHS Digital

BBC

Human Brain : Damaged Neurons & Synapses

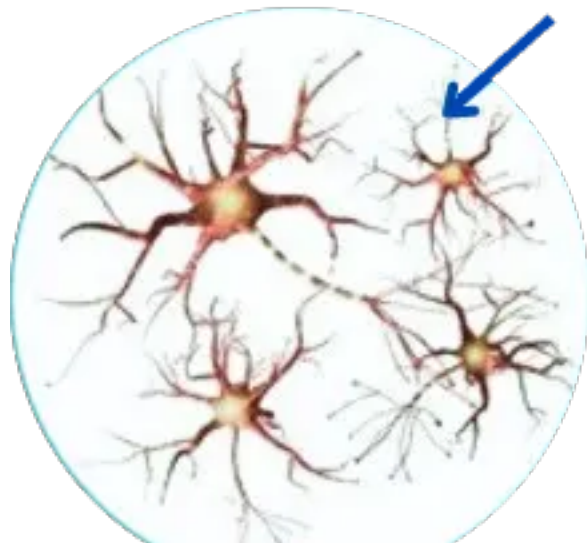
Healthy Brain



Alzheimer's Brain

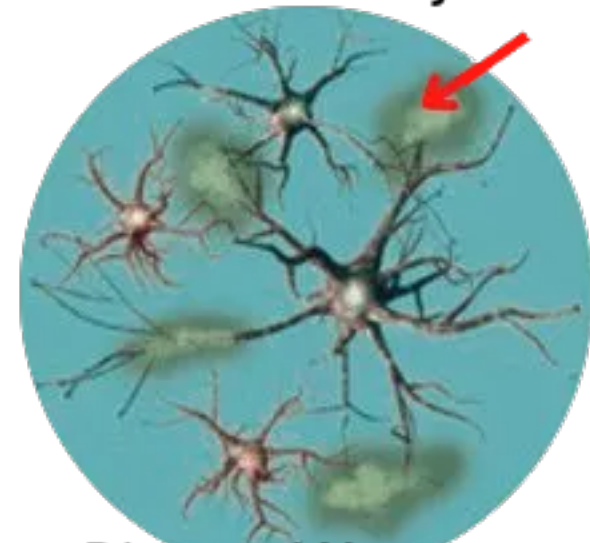


Neural Impulse



Healthy Neurons

Amyloid Plaque



Diseased Neurons

RECENT BLOG ARTICLES



Pouring from an empty cup? Three ways to refill emotionally



Give praise to the elbow: A bending, twisting marvel



Sneezing and dizzy? Seasonal allergies and your brain



The FDA relaxes restrictions on blood donation

MIND & MOOD

Sleep well – and reduce your risk of dementia and death

May 3, 2021

By **Andrew E. Budson, MD**, Contributor; Editorial Advisory Board Member, Harvard Health Publishing

In a recent [blog post](#) I discussed how beneficial sleep is for memory function. But sleep isn't just good for your memory; it can actually reduce your risk of dementia – and death. Although it has been known for some time that individuals with dementia frequently have poor, [fragmented sleep](#), two new studies suggest that if you don't get enough sleep, you are at increased risk for dementia.

Sleep six to eight hours each night

In the [first study](#), researchers at Harvard Medical School studied more than 2,800 individuals ages 65 and older participating in the National Health and Aging Trends Study to examine the relationship between their self-report of sleep characteristics in 2013 or 2014, and their development of dementia and/or death five years later. Researchers found that individuals who slept fewer than five hours per night were twice as likely to develop dementia, and twice as likely to die, compared to those who slept six to eight hours per night. This study controlled for demographic characteristics including age, marital status, race, education, health conditions, and body weight.



NIH RESEARCH MATTERS

April 24, 2018

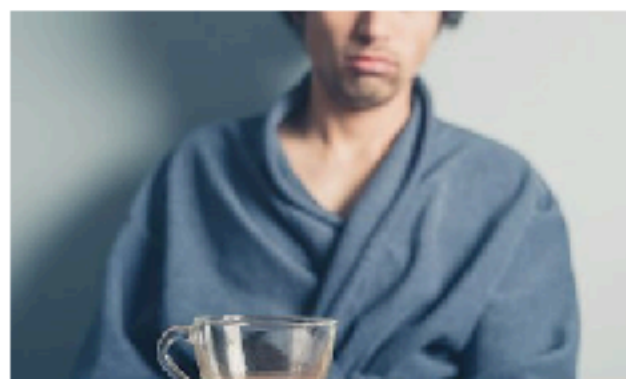
Sleep deprivation increases Alzheimer's protein

At a Glance

- In a small study, losing just one night of sleep led to an increase in beta-amyloid, a protein in the brain associated with impaired brain function and Alzheimer's disease.
- The results suggest that sleep deprivation may increase the risk for beta-amyloid build-up.

Beta-amyloid is a metabolic waste product that's found in the fluid between brain cells (neurons). A build-up of beta amyloid is linked to impaired brain function and Alzheimer's disease. In Alzheimer's disease, beta-amyloid clumps together to form amyloid plaques, which hinder communication between neurons.

Impaired sleep has been associated with Alzheimer's disease. Studies suggest that sleep plays a role in clearing beta-amyloid out of the brain. Moreover, lack of sleep has been shown to elevate brain beta-amyloid levels



In this Edition

[Study reveals subtypes of lymphoma](#)

[Sleep deprivation increases Alzheimer's protein](#)

[Epstein-Barr virus and autoimmune diseases](#)

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The Vagus Nerve

The **Vagus Nerve** is the **longest, largest** and most **complex** of our **cranial nerves**.

- Extensive Network
- Two-Way Street
- Connection to Mood and Social Interaction:
- Potential for Treatment
- Plasticity

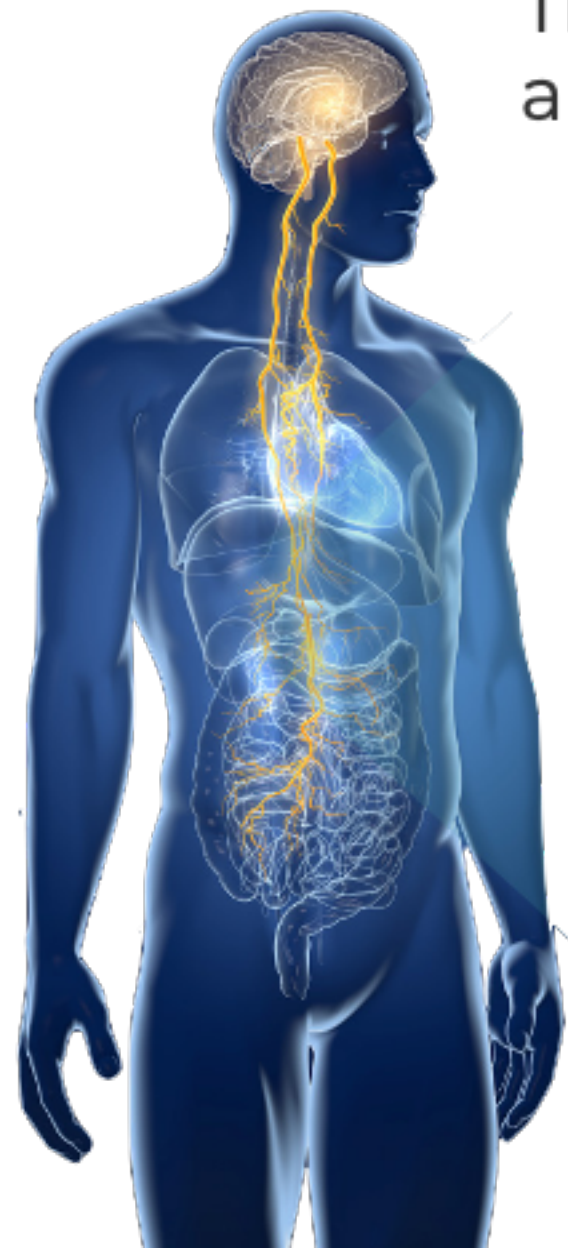
Vagus Nerve Reset

- * Cold Exposure
- * Breathwork
- * Humming & Chanting
- * Exercise
- * Meditation

Vagus Nerve

Why?

- ✓ Relax, Unwind, and Reduce Stress
- ✓ Improve Your Mood
- ✓ Combat Inflammation
- ✓ Enhance Digestive Function
- ✓ Boost Cognitive Function





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EVERY NATION
CHURCH • PENANG



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WHOLENESS IN GOD