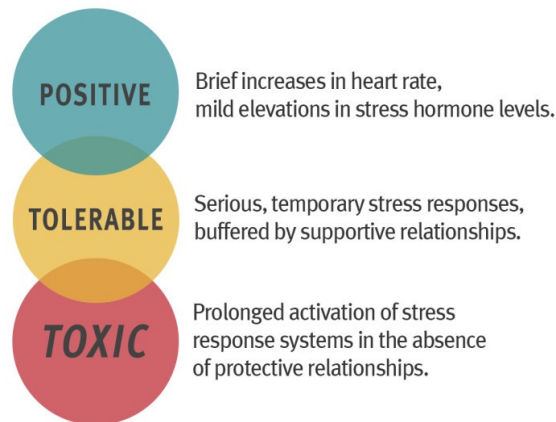


“Asking for a Friend”: Mental Health Questions & Resources

** Everyone deals with stress, but when does it become a concern or lead to major anxiety?

Positive Stress = normal feeling we occasionally have to motivate our behavior & teach us to cope.

Toxic Stress = ongoing major stressors that negatively impact us and aren't managed in healthy ways.



** How can I prevent toxic stress and ongoing mental health issues?

The #1 factor in prevention is having a healthy, reliable support system & relationships w/ safe adults! It also helps to care for your body and mind by getting 9 hours of sleep, good nutrition, exercise, time outdoors, limited screen time/social media, involvement in hobbies/interests, and an authentic faith.

** What can I do if I know a friend is struggling and I'm concerned?

Remember the 3 P's (PRAY, PURSUE, POINT) - Pray with them, continue to show empathy & check-in on them, & point them to a safe adult and resources to get them access to the help they need.

** What are some tools I can use if I'm in a state of anxiety, depression, self-destruction, etc.

★ Prayer

- **Breath Prayer** - inhale what you need, exhale what to let go. (Inhale “faith”, exhale “fear”)
- **Pray Scripture back to God** - Trust His Word, internalize it, then speak it back to Him.
- **Serenity Prayer** - FULL version practices Faith, Mindfulness & Radical Acceptance.

★ Mindfulness: Being fully present & observing the current situation/emotion without judging it.

- **Use 5 senses to ground yourself in the NOW. 5-4-3-2-1** (See, Feel, Hear, Smell, then Taste)
- **Notice your emotions without being consumed by them.** (Emotions are real, but not always reliable. They're valid in the moment but not always anchored in truth or facts)
- **Acknowledge what I can't control vs what I actually can control.** (3 O's vs my FAB)

What I Can't Control... 3 O's = OTHERS, OUTCOMES, & OLD STUFF

What I CAN Control... FAB = my Feelings, Attitudes/Thoughts, & Behaviors in the NOW

★ Radical Acceptance: fully accepting reality as it is, not as I would have it. Once reality has been accepted, then we can let go of what we can't control, cope emotionally, and trust God with the rest.

- **“Even though ____, I know ____.”** Acknowledge fear/situation, but also what's true & factual example→“Even though I feel rejected, I know God's with me & I can find good friends.”

RESOURCES - *for mental health and spiritual wellbeing*

For Counseling:

- Cornerstone Counseling Center (515)599-8904 www.cornerstone-counseling.com
- Heartland Christian Counseling (515)331-0303 www.heartland-christiancounseling.com
- Family Legacy Counseling (515)727-1338 www.familylegacycounseling.com
- Kingdom Counseling (515)601-0411 www.kingdomcounseling.com

** Search for local therapists near you or ask for the option of virtual counseling.

Crisis Services:

- Suicide & Crisis Line - call **988** or **1-800-273-8255 (TALK)**. For emergencies, call 911.
- Crisis Text Line - text BRAVE to 741741
- Mobile Crisis Team in Des Moines (515)283-4811 - Handles on-call mental health crises to de-escalate the situation and do an assessment for services.

** Search for Behavioral Health Urgent Care in your area - they accept walk-ins

Books:

- The Anxiety Workbook for Teens by Lisa M. Schwab
- Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado
- A Small Book for the Anxious Heart by Edward T. Welch, PhD
- Depressed: The Way Up When You are Down
- Live on Purpose: 100 Devotions by Sadie Huff
- Don't Let your Emotions Run your Life: DBT for Teens by Sheri Van Dijk, MSW

Podcasts and Apps:

- Podcasts: *Unlocked: Daily Devotions for Teens, Young & Faithful, Encounter Podcast, and The Stranger Sessions, Becoming Something*
- Mindfulness apps: *Abide, HeadSpace, ReCenter with Christ, Smiling Mind, Calm, MindShift CBT, Soultime Christian Meditation and STOP, Breathe, Think*

God,
grant me the *Serenity*
to accept the things I cannot change,
the *Courage* to change the
things I can,
and the *Wisdom*
to know the difference.
Living one day at a time;
Enjoying one moment
at a time;
Accepting hardships
as the pathway to *Peace*;
Taking as He did this sinful
world as it is, not as I would have it;
Trusting that He will make
all things right
if I *Surrender* to His will;
That I will be reasonably *Happy*
in this life and supremely happy
with Him *Forever* in the next.
Amen.