

Let's Talk About Mental Health

The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.

Week 3: Let's Talk About Mental Health and Hope (Dr. Trent Langhofer)

1. Trent began by sharing that in 2020 mental health “sank to its lowest point in history... Yet the only group to see improvements in mental health during [2020] were those who attended religious services at least weekly.” How have you seen this to be true from your experience? Follow up: What encouraged you the most from Trent's personal story?

NOTE: Trent went on to summarize the four domains that influence a person's overall mental well-being. The next few questions will take a look at those domains.

2. **Domain 1: Biology and Mental Health.** What are some of the conclusions that can be drawn regarding how biology influences mental health? Follow up: How can knowing these things be helpful for yourself and how you relate to other people?
3. **Domain 2: Cognition and Mental Health.** In what ways does a person's thought processes influence their mental health? Follow up: How can this be helpful and/or harmful?
4. **Domain 3: Behavior and Mental Health.** How can behaving in patterned ways influence your mental health (specifically in how you might be inclined to relieve emotional pain)?
5. **Domain 4: Relationships and Mental Health. Read Mark 12:28-31.** How can seeing these verses through the “lens of relationships” rather than the “lens of devotion” change the way you connect with other people? Respond to this statement: “*Relational connectedness has more potential to profoundly influence mental health than all other domains combined.*” How has this been true from your experience?
6. **The core feature of connection is love. Love is the central theme of the scriptures Read 1 John 4:8, John 13:34-35, 1 Corinthians 13:13, and 1 Peter 4:8.** What stands out to you from these verses? How can this help you to love others well?
7. Trent closed by speaking to 3 groups of people: **(1) Struggling People Who Aren't Christians, (2) Struggling People Who Are Christians, and (3) Christians Who Aren't Currently Struggling.** What was the primary message he had for each group? Follow up: How does this speak to you today? What next step do you need to take?

