

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 9: Let's Talk About Where We Go From Here

1. Rick began by saying, *"I started this series with great trepidation; I finish this series with so much appreciation."* With that in mind, share one way this series has encouraged you.
2. **WHAT TO DO—NOT!** Rick mentioned some ways we can damage our mental health (*cut back on sleep, never exercise or get outdoors, isolate yourself, ignore Sabbath, avoid opportunities to serve others, cultivate ingratitude, disconnect from God*). What steps have you taken recently to improve in some of these areas? What do you need to focus on next?
3. **We can't always choose our struggles, but we can always choose our strategies.** Why is it important to remember that *wellness is not so much a destination as it is an approach to life*? How has your approach to caring for yourself changed since this series began?

NOTE: *The next 3 questions focus on the 3 goals Rick had for this series – (1) to destigmatize having mental health challenges, (2) to extend grace to fellow strugglers, and (3) to encourage taking steps in the direction of hope, faith, and healing.*

4. **WHAT TO DO—NEXT! We can choose to practice honesty and empathy.** What kind of attitudes inhibit honesty and empathy? When is it hardest for you to share a struggle? When is it easiest? What can we all do to become better listeners?
5. **WHAT TO DO—NEXT! We can choose to be an "extra grace" place.** What are some things fellow strugglers need from others in their journey? What can we do as a church to be that kind of a place? How does the example of Jesus guide us (see **Romans 15:7**)?
6. **WHAT TO DO—NEXT! We can choose to offer ways to pursue health and hope.** Rick mentioned a few of the things our church offers (*Counseling & Wellness Ministry, Support Groups, Celebrate Recovery, Groups, opportunities to serve, trauma-informed care equipping in NextGen Ministry*). How have some of these been a blessing to you? Which one do you need to explore next in your journey to better mental health?
7. **When Jesus is revealed all our minds will be finally and fully healed.** Spend some time praying for each other and the ways God has used this series to bless all of us.

