



**MS. NALEDI MQHAYI
CLINICAL PSYCHOLOGIST
PRESENTS
MINISTERS AND MENTAL HEALTH**

THE IMPORTANCE OF MENTAL WELLNESS IN
CHALLENGING TIMES.



THE METHODIST CHURCH OF SOUTHERN AFRICA

a Christ-healed Africa for the healing of the nations

SERENITY PRAYER

**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.**

AMEN.

MCSA WISHES

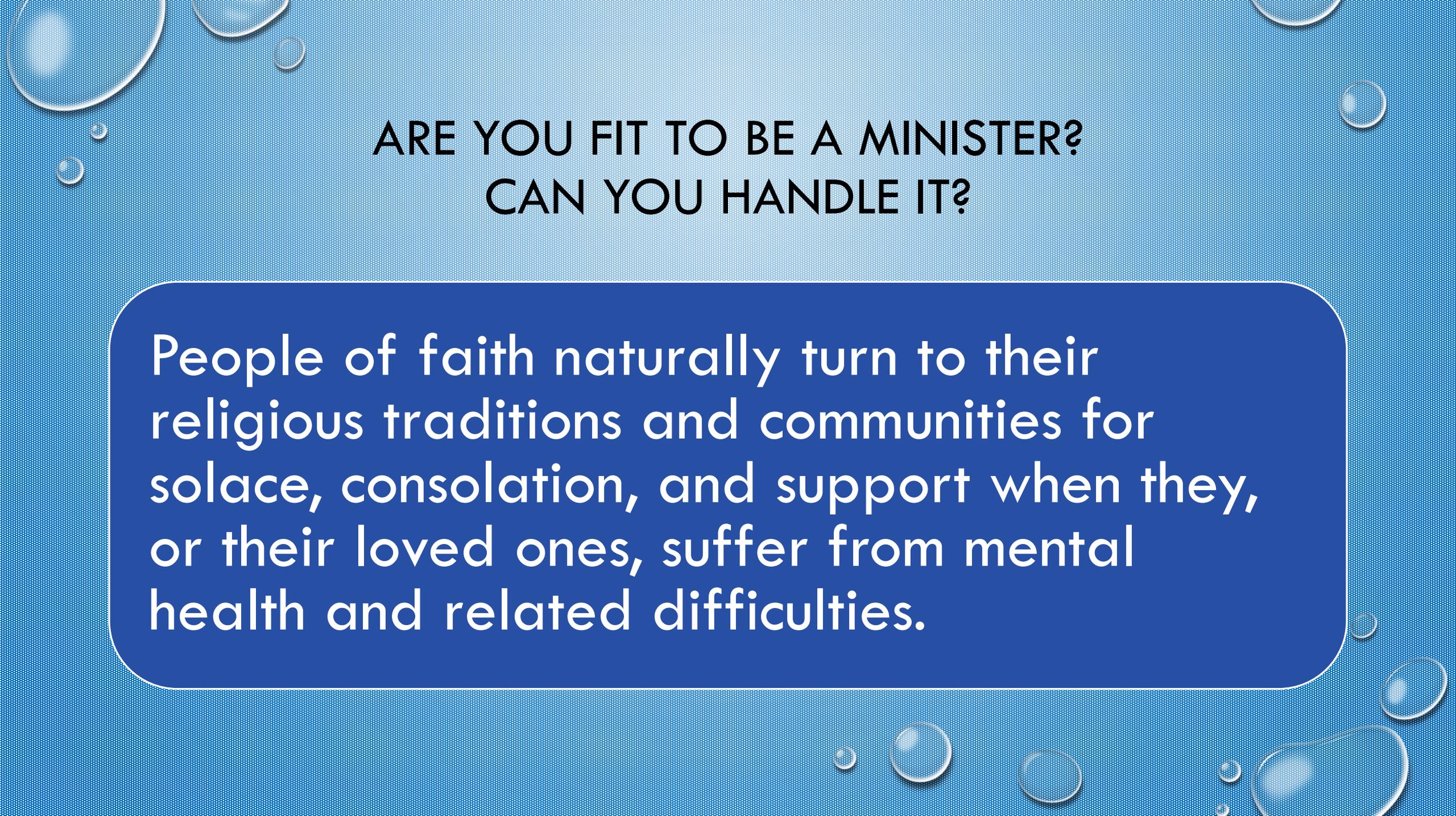
TO DEVELOP

- Theological, spiritual, ministerial and character formation of probationers.
- Skills for theological and ministerial reflections, which will enable probationers to construct new theological and biblical knowledge

ARE YOU A MINISTER?

THE COVENENTAL RELATIONSHIP BETWEEN MCSA AND MINISTERS

- Ministers are not employees of the MCSA but in a relationship where the MCSA provides an opportunity for ministers to fulfill their calling from God and to do so with the authority, care and protection of the church.

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

ARE YOU FIT TO BE A MINISTER? CAN YOU HANDLE IT?

People of faith naturally turn to their religious traditions and communities for solace, consolation, and support when they, or their loved ones, suffer from mental health and related difficulties.

- THE WORLD HEALTH ORGANIZATION (WHO) DEFINES MENTAL HEALTH AS:
- “A STATE OF WELL-BEING IN WHICH THE INDIVIDUAL REALIZES HIS OR HER OWN ABILITIES, CAN COPE WITH THE NORMAL STRESSES OF LIFE, CAN WORK PRODUCTIVELY AND FRUITFULLY, AND IS ABLE TO MAKE A CONTRIBUTION TO HIS OR HER COMMUNITY”

Mental Illness	Symptoms and signs
Depression	Tiredness, loss of energy, sleeping problems, poor concentration, loss of motivation, loss of confidence
Bipolar disorder	Dramatic mood swings – from depression to high energy levels, elation and enthusiasm
Personality disorder	Struggle to form or keep relationships, control feelings, get on with family, friends or people at work
Anxiety	Rapid breathing, sweating, feeling faint or dizzy, shivering, palpitations
Psychosis	Family history of psychosis, confused thoughts, disorganised speech, delusions and hallucinations
Dementia	Loss of memory, increasing confusion, apathy and personality changes
Eating disorders	Irregular eating habits and severe distress of concern about body weight or shape

WHAT IS MENTLA ILLNESS: COMMON TYPES OF MENTAL ILLNESS

THE CAUSE

HERE ARE A FEW:

- FOOT OF STATION
- STIPEND
- DISTANCE WITH FAMILIES
- CHILDHOOD ABUSE, TRAUMA, OR NEGLECT.
- SOCIAL ISOLATION OR LONELINESS.
- DISCRIMINATION AND STIGMA, INCLUDING RACISM.
- SOCIAL DISADVANTAGE, POVERTY OR DEBT
- BEREAVEMENT (LOSING SOMEONE CLOSE TO YOU)
- SEVERE OR LONG-TERM STRESS.
- HAVING A LONG-TERM PHYSICAL/MENTAL HEALTH CONDITION.



WHY SHOULD I CARE

For what are the shepherds being held accountable?

- The prophet Ezekiel draws on lessons from the contracts entered into between a hired shepherd and the owner of a flock to grasp the failure of the leadership of Israel over God's flock.
- In the light of Ancient Near East customs and contract requirements, the shepherds have been found wanting in their Godgiven shepherding tasks of leading, feeding and protecting God's flock. (Gan 2010:10-13; Mein 2007:499-501; Block 1998:283; Klein 1988:121-122).
- The shepherds have acted selfishly, exploiting the flock, abusing the sheep, stealing from their owner and are more concerned about their own status and well-being than the well-being of the flock. The sheep have been treated harshly, their health has suffered and they are scattered over the countryside with no attempt by the shepherd to search for the lost or weak animals which are vulnerable to predation. (Ezk 34:2-9).

WHY SHOULD I CARE?

Mental health Affects HOW

- We think
- Feel
- Act

WHY SHOULD I CARE?

The quality of mental health services provided by probationers is dependent on

- Their ability to identify serious mental health problems
- Their willingness to be refer individuals to mental health practitioners

YOUR MENTAL HEALTH MATTERS

In any one year, 1-5 adults globally have a mental disorder.

- **Stigma associated with mental health problems CAN LEAD TO:**
- Hindering religious leaders from seeking help.
- shame to discuss mental health problems with family, friends or other leaders.
- Reluctance to seek professional help fearing what others will think of them.



1

Preserve life where
person may be a
danger to
themselves or
others



2

Provide help to
prevent the mental
health problem
Developing into a
more serious state



3

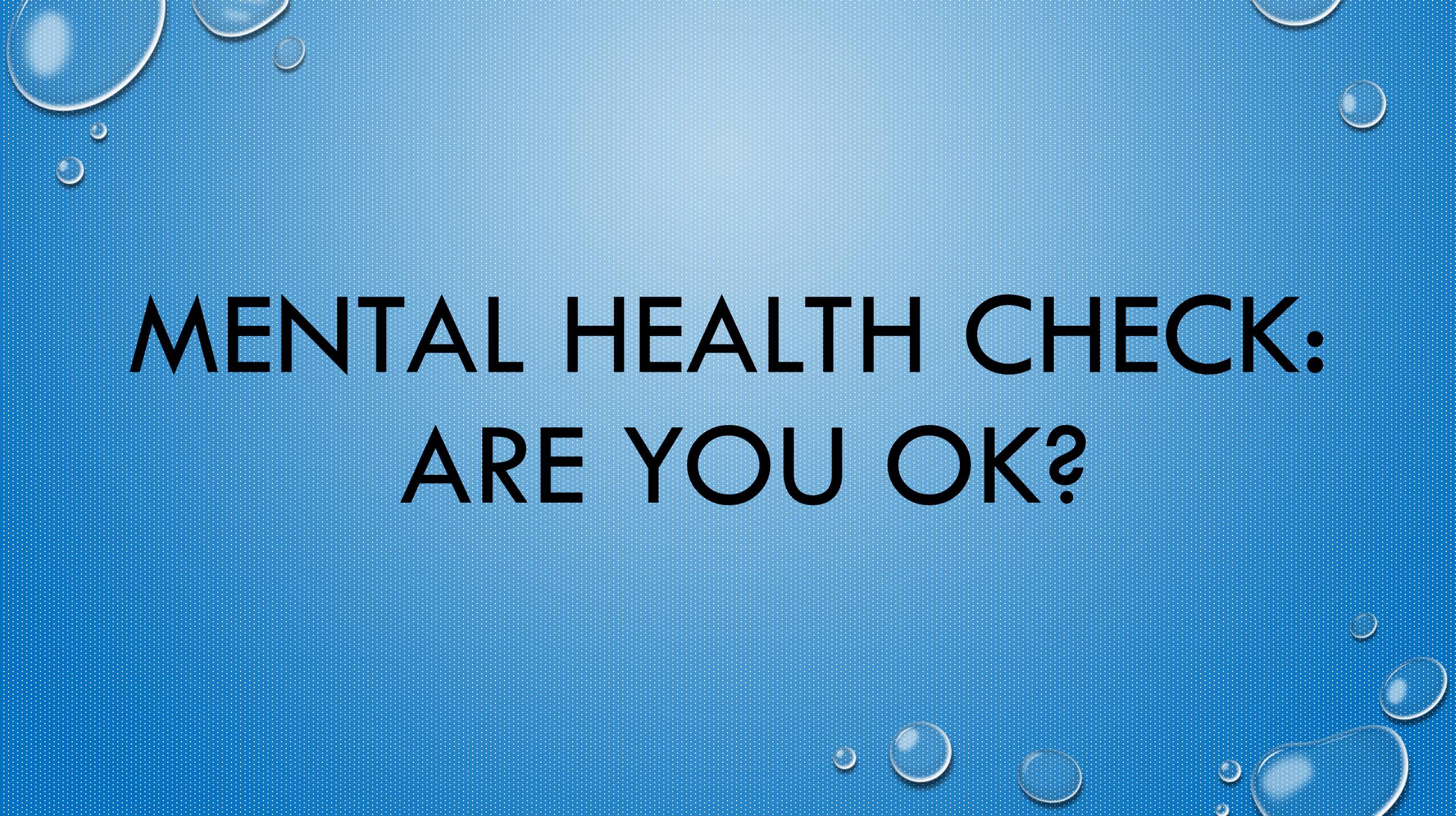
Promote recovery
to good mental
health



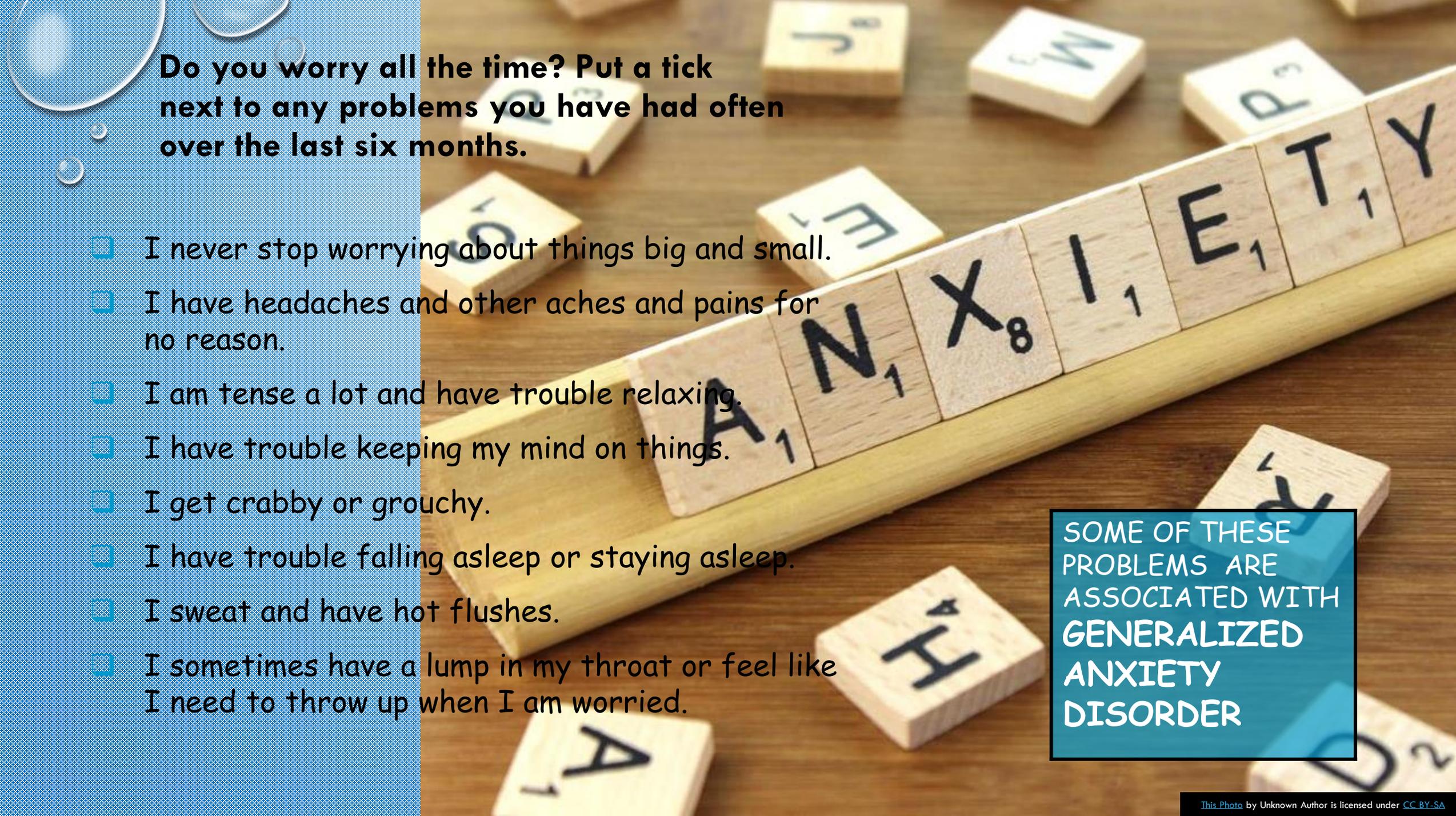
4

Provide comfort to
a person suffering
a mental illness

**LEARN TO IDENTIFY SYMPTOMS OF MENTAL HEALTH
PROBLEMS SO YOU CAN**

The background is a solid blue color with a fine, dotted texture. Scattered throughout the image are several realistic water droplets of various sizes, some with highlights and shadows, giving them a three-dimensional appearance. The droplets are concentrated in the top-left and bottom-right corners.

**MENTAL HEALTH CHECK:
ARE YOU OK?**



Do you worry all the time? Put a tick next to any problems you have had often over the last six months.

- I never stop worrying about things big and small.
- I have headaches and other aches and pains for no reason.
- I am tense a lot and have trouble relaxing.
- I have trouble keeping my mind on things.
- I get crabby or grouchy.
- I have trouble falling asleep or staying asleep.
- I sweat and have hot flushes.
- I sometimes have a lump in my throat or feel like I need to throw up when I am worried.

SOME OF THESE PROBLEMS ARE ASSOCIATED WITH GENERALIZED ANXIETY DISORDER

Do you have sudden bursts of fear for no reason? Put a tick next to any problems you have during these bursts of fear.

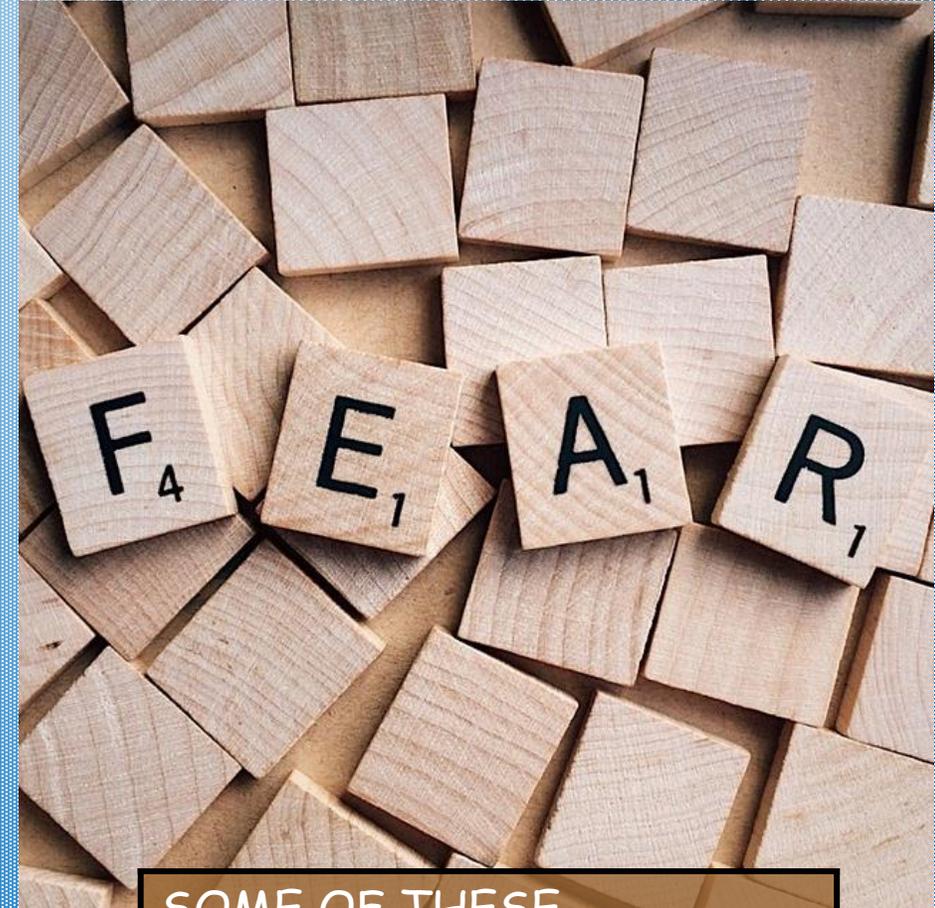
- I have chest pains or a racing heart.
- I have a hard time breathing or a choking feeling.
- I feel dizzy, or I sweat a lot.
- I have stomach problems or feel like I need to throw up.
- I shake, tremble, or tingle.
- I feel out of control.
- I feel unreal.
- I am afraid I am dying or going crazy.



**SOME OF THESE PROBLEMS
ARE CONSISTENT WITH
PANIC DISORDER.**

Do you feel afraid and uncomfortable when you are around other people? Is it hard to be at work?

- I have an intense fear that I will do or say something and embarrass myself in front of other people.
- I am always very afraid of making a mistake and being watched and judged by other people.
- My fear of embarrassment makes me avoid doing things that I want to do or speaking to people.
- I worry for days or weeks before I have to meet new people.
- I blush, sweat a lot, tremble, or feel like I have to throw up before and during an event where I am with new people.
- I usually stay away from social situations such as school events and making speeches.
- I often drink to try and make these fears go away.



SOME OF THESE PROBLEMS YOU MAY HAVE **SOCIAL PHOBIA.**

Have you lived through a very scary and dangerous event? Put a tick in the box next to any problems you have.

- I jump and feel very upset when something happens without warning.
- I have a hard time trusting or feeling close to other people.
- I get mad very easily.
- I feel guilty because others died and I lived.
- I have trouble sleeping and my muscles are tense.
- I feel like the terrible event is happening all over again. This feeling often comes without warning.
- I have nightmares and scary memories of the terrifying event.
- I stay away from places that remind me of the event.

**SOME OF THESE
PROBLEMS YOU MAY HAVE
POST-TRAUMATIC
STRESS DISORDER**

Do you feel trapped in a pattern of unwanted and upsetting thoughts? Do you feel you have to do something over and over again for no good reason?

- I have upsetting thoughts or images enter my mind again and again.
- I feel like I can't stop these thoughts or images, even though I want to.
- I have a hard time stopping myself from doing things again and again, like: counting, checking on things, washing my hands, re-arranging objects, doing things until it feels right, collecting useless objects.
- I worry a lot about terrible things that could happen if I'm not careful.
- I have unwanted urges to hurt someone but know I never would.



**SOME OF THESE PROBLEMS YOU
MAY HAVE
OBSESSIVE COMPULSIVE
DISORDER.**

SELF-HELP STRATEGIES



RELAXATION



FAITH



EXERCISE



DIET



POSITIVE
THINKING



ALIGN WITH
POSITIVE THINKERS

EXERCISE 1 – POSITIVE THINKING: GRATITUDE

- WRITE DOWN THE NAMES OF 3 CHURCH STAFF MEMBERS SITTING AROUND THE ROOM
- WRITE DOWN ONE QUALITY ABOUT EACH MEMBER THAT YOU MOST APPRECIATED
- LOOK AT ONE INDIVIDUAL AND TELL HIM OR HER WHAT THEY APPRECIATED MOST ABOUT THAT PERSON.

THE POWER OF GRATEFULNESS

Gratefulness stimulates christ-honoring [behaviour](#), called pro-social [behaviour](#) by psychologists.

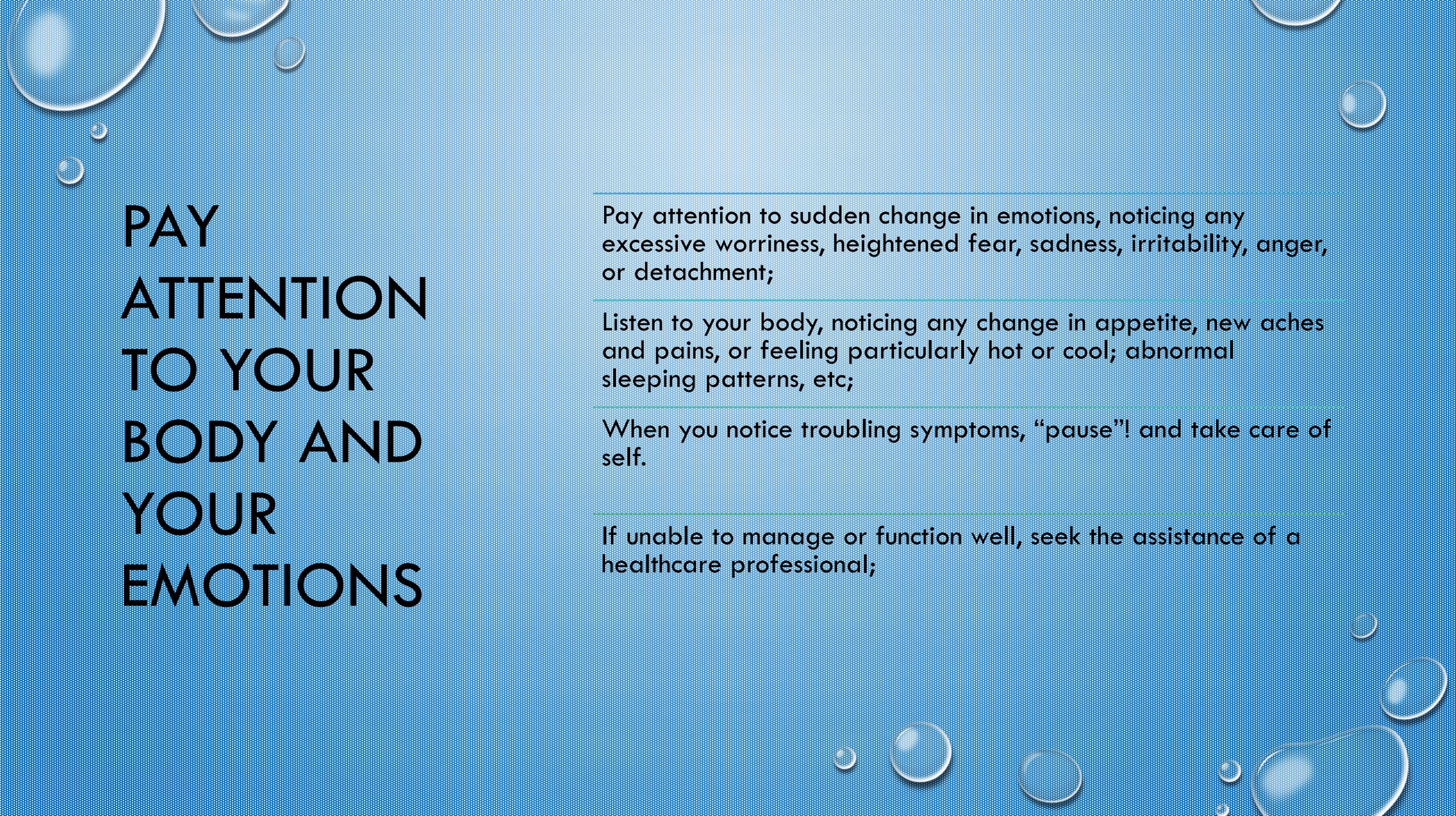
Gratefulness can actually make us [happier](#).

Gratefulness can help decrease the power of [materialism](#).

Gratefulness can help us learn to [forgive](#) more consistently.

Gratefulness can help us [sleep](#) better.

Gratefulness can make us feel better physically because it evokes the [production of two neurotransmitters](#) in our brains, dopamine and serotonin, involved in reward and well-being, respectively.



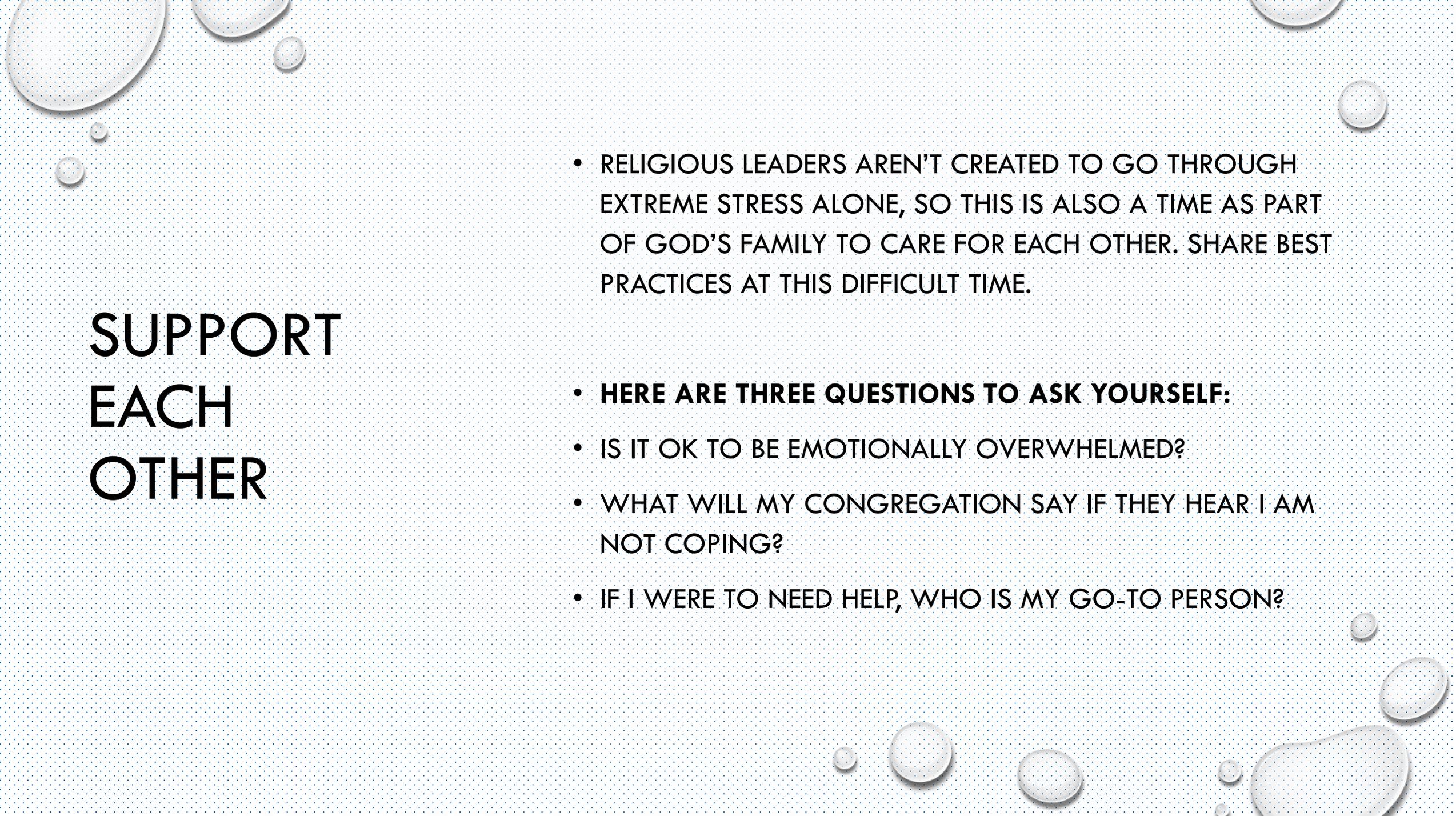
PAY ATTENTION TO YOUR BODY AND YOUR EMOTIONS

Pay attention to sudden change in emotions, noticing any excessive worry, heightened fear, sadness, irritability, anger, or detachment;

Listen to your body, noticing any change in appetite, new aches and pains, or feeling particularly hot or cool; abnormal sleeping patterns, etc;

When you notice troubling symptoms, “pause”! and take care of self.

If unable to manage or function well, seek the assistance of a healthcare professional;



SUPPORT EACH OTHER

- RELIGIOUS LEADERS AREN'T CREATED TO GO THROUGH EXTREME STRESS ALONE, SO THIS IS ALSO A TIME AS PART OF GOD'S FAMILY TO CARE FOR EACH OTHER. SHARE BEST PRACTICES AT THIS DIFFICULT TIME.
- **HERE ARE THREE QUESTIONS TO ASK YOURSELF:**
- IS IT OK TO BE EMOTIONALLY OVERWHELMED?
- WHAT WILL MY CONGREGATION SAY IF THEY HEAR I AM NOT COPING?
- IF I WERE TO NEED HELP, WHO IS MY GO-TO PERSON?

CLOSING PRAYER