



PREVENTATIVE MENTAL HEALTH

BiblicalPsych Toolkit

Based on Philippians 4:2-13

Philippians 4:2-13 NKJV

- 2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord.
- 3 And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.
- 4 Rejoice in the Lord always. Again I will say, rejoice
- 5 Let your [b]gentleness be known to all men. The Lord is at hand.
- 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;
- 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.
- 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.
- 10 But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.
- 11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:
- 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.
- 13 I can do all things through Christ who strengthens me.



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Which would you prefer? To prevent something uncomfortable from happening or to wait until it happens and then try to create an intervention to make it better? I'd prefer prevention but I do realize that there are times where we can't always know in advance what is to come. But, I do believe that we can be internally prepared which can serve as a buffer when the unexpected happens.

Here are a few ways to create internal and external buffers around your life:

1- (verse 2) Resolve conflict with others and attempt to be at peace with those in your life as much as it is possible on your part (Romans 12:18). We all need social connectivity from the cradle to the grave. Nothing threatens this more (outside of death) like conflict does. It robs us of the ability to find comfort and safety in one another. Do you have a conflict with someone that is creating stress or strain for you? Forgive, let go, drop it, and start afresh. Be at peace and be of the same mind and not divided.

Prescription:

If it is safe, reach out to the person you have pending conflict with and then attempt to make mends as much as possible if it is within your power to do so.

2- (verse 3) Maintain a healthy socially community. In addition to resolving the conflict that arises in our inner circle...it's also important to maintain a healthy community. Accordingly to research, loneliness is just as detrimental to our health as obesity and smoking cigarettes. Find a way to break past your social anxiety and mistrust and build a solid community.

Prescription:

Connect with others as often as needed but at least weekly even if it's just via a phone call/text.

3- (verse 4) Maintain joy - How often do you outwardly demonstrate your joy by way of smiling, laughing, verbalizing gratification, and so on? If when things aren't going as we desire...we can still choose joy. Yes, we can choose to ruminate and be miserable or we can choose to think of things that help us to be more joyful. See below for things to think on.

Prescription:

Journal in a gratitude journal daily, weekly tell someone you love a specific reason that you are grateful for them, smile and laugh daily (even when alone).

4- (verse 5) Be gentle to all. To be gentle is to handle something with care. How gentle are you with yourself for starters? Are you extremely self-critical? Practice self-kindness. Do you handle other people gently or are you judgmental, prideful, hateful, and selfish? Treat and love others as you'd like to be treated. If you do not want to be mishandled and spoken down to then don't do it to others...and don't do it to yourself.

Prescription:

Notice who you are most aggressive and less gentle with? Ask yourself why? Then begin to study those who are gentle in your life and practice one gentle trait on a daily basis (i.e. listening and not cutting someone off when they speak, asking someone if they need help, holding your partners hand when you discuss a disagreement rather than storm off, let someone get in front of you on the freeway, gently look someone in the eyes while they speak etc...)



5- (verse 6) Refuse to let anxiety occupy your day. Anxiety is very common in our society and it is often tolerated and given allowance to rule and dominate most of our days. Yes, I do believe that there are anxiety disorders and yes I do believe that we can alleviate rather than succumb to the thoughts that drive our anxiety/worries.

Prescription:

When anxiety comes create a PAUSE so that the anxiety train doesn't proceed and in the pause challenge the thought. If the thought isn't true then replace it with the truth. If the thought is true then ask yourself what you can do about what has happened or is pending. For example, if you know you are about to get laid off then instead of worrying you can push past the shame and hire a resume expert to help you freshen up your resume and you can google search upcoming network events and get out of the house and out and about in the community (see #2).

6- (verse 6) Combine prayer + supplication (humbly plead or make a request) + thanksgiving. When we pray it's important that we take the time to dialogue with God and to also know what to ask for. There are times that we do not receive because we do not ask (James 4:2-3). When you ask, be sure to express thanksgiving just for who God is and then for what you have asked for. It's a sincere "thanks in advance".

Prescription:

Feeling anxious...ask for peace. Need mercy...ask for it. Need strength...ask for it. No matter what season you are in...spend time with God on a daily basis. Get to know Him and sit silently and listen to what He has to say in return.

The Promise Given Upon Incorporating these Preventative Tools in Your Daily Life

“(Verse 7 and 9) The peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” And “The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”

We often feel like we have to guard and defend ourselves to avoid being hurt. That will be unnecessary when you live a yielded life to Christ. It’s His job to guard your heart and mind BUT it’s your job to do what it takes to yield this result. It takes two to tangle here. Peace comes from God but what we do and don’t do influences our awareness of that peace. We can’t say that God isn’t giving us peace if we are actively choosing to worry instead of worship; as an example.

Anxiety Crushers: What to think about when before, during, and after anxiety attacks

Whatever is (verse 8):

TRUE

NOBLE

JUST

PURE

LOVELY

THINGS OF GOOD REPORT

THINGS OF VIRTUE

Prescription:

Write down at least one thing next to each item above and have it saved in your phone. Meditate on each daily for at least 15 minutes a day until it becomes a habit and until these thoughts dominate your mind in replacement of the negative.



The Greatest Lesson as a Result of Incorporating these Preventative Tools in Your Daily Life

(Verse 11 and 12) **You will learn, in whatever state you are in, to be content.** You will learn how to abase and how to abound. You will learn how to be both full and to be hungry. You will learn how to abound and to suffer need.

Basically, you will learn how to stop letting life toss you back and forth like a boat in a storm without an anchor. You will learn how to thrive in the good times and the bad. You will learn how to be content if you are up and if you are down. You will learn how to be joyful when they come and when they leave. You will learn how to praise when the door opens and just as equally when the door closes.

Prescription:

Struggling to be content? Jot down the areas in which you haven't quite mastered the lessons Paul (the author of Philippians) spoke of and ask Holy Spirit to reveal to you one or two lessons that you will strengthen your knowledge in this area so that you can learn true contentment.

For example, if you are single and discontent then perhaps you can learn to strengthen your selflove and appreciation for healthy solitude. Perhaps you can learn that singleness isn't a punishment but training grounds. If something is out of your control and you hate that feeling then perhaps you can learn that God is in control and that He makes everything beautiful in its time (Ecc. 3:11).

To learn something is to indicate that we've studied and practiced. There is no magic pill...just persistence, persistence, persistence....practice, practice, practice.

Need Help with building your Preventative toolkit?

Let's Chat: <https://www.trillionsmall.com/contact>

