

HOPE DEALERS

MENTAL HEALTH AWARENESS

May 1, 2016

- 1. Open in prayer.
- 2. Why did Dr. Amen say he became a psychiatrist?
- 3. Dr. Amen explained the four circles of conditions that influence mental health and how they relate to understanding mental illness. Discuss what you learned from this.

DETAILED CLINICAL ASSESSMENTS

- · Brain Health
- · Physical Health
- Nutrition
- Exercise
- · Sleep
- Hydration
- Hormones
 Blood Sugar Level
- · Supplements
- Genetics (Family History)

- · Trauma/Injuries
- Toxins
 (Environment: mold, drugs, excessive caffeine,

alcohol, smoking)

Infections

· Allergies

- Physical Illness
 Medication
- Self Talk
- Self Concept
- Body ImageUpbringing
- Development
- Past Emotional
- Trauma

 Past Successes
- Past Failures
- Generational Histories and Issues (i.e.,
- immigrants, survivors of trauma, children, or grandchildren of
- alcoholics)

 Grief/loss
- · Hope
- · Sense of Worth
- Sense of Power or Control

Biological

Social



Psychological

Spiritual

- Quality of Current Environment
- Sense of Connection to Family, Friends, and Community
- Health Habits of Friends and Family
- Relationship
- Stresses
 Health
- Finances
 Work, School
- Current Successes
- or Failures
- Information
- Sense of Meaning and Purpose
- Why Does My Life Matter?
- Connection to Higher Power?
- Who am I
 Accountable to?
- Connection to Past Generations
- Connection to Future Generations
- Connection to Planet
- Morality
- Values
- 4. Dr. Amen taught us a concept he calls ANTs (Automatic Negative Thoughts).
 - a. How have negative thoughts impacted your life?
 - b. Discuss the following Dr. Amen statements:
 - "If our thinking patterns are excessively negative, harsh, or critical, it releases chemicals in the brain that will have a negative impact on our moods, anxiety levels, and ultimately on our ability to focus."
 - "Don't always believe your thoughts."
 - c. Read Philippians 4:6-8.
- 5. All of life is worship, therefore commit to brain health and help those you love do the same by embracing the four circles. As a group, discuss how you can promote mental health in your day-to-day life.
- 6. Close in prayer.