Two for One: The Intersection of Physical & Mental Health For Christian Women

Lori Morris, CNM, MSN, APRN

Dana Glasscock, MMin

POLISHING THE PULPIT

Physical Health for the Christian Woman

Lori Morris, CNM, MSN, APRN

POLISHING THE PULPIT

Hi! I'm Lori!

POLISHING THE PULPIT

My Objectives

POLISHING THE PULPIT

EVERYTHING

is spiritual.

POLISHING THE PULPIT

I beseech you therefore, brethren, by the mercies of God, that you present *your bodies* a *living sacrifice*, holy, acceptable to God, which is your reasonable service…

POLISHING THE PULPIT

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 12:1-2

POLISHING THE PULPIT

Scriptures to Consider

- Genesis 1:29, 2:7, 9:3-4
- Exodus 15:26, 23:25-26
- Leviticus 17:11
- Deuteronomy 8:3, 12:23
- 1 Kings 19:5-8
- 2 Kings 20
- 2 Chronicles 16:12-13
- Job 10:8-12, 39:1-4
- Psalm 4:8, 22:9-11, 29:9, 38:3, 104:14, 119:73, 127:2, 139:13-16
- Proverbs 3:7-8, 4:20-22, 12:18, 14:30, 17:22, 23:1-3, 6, 20-21, 24:5, 25:16, 31:17
- Ecclesiastes 5:12, 10:17, 11:5
- Jeremiah 1:5
- Isaiah 38, 44:24, 45:9-13, 66:7-13
- Daniel 1:8, 5:23
- Matthew 9:22
- Mark 6:31
- 1 Corinthians
- Galatians 1:15
- 1 Timothy 4:4-8
- James 1:17, 5:14-15
- 2 Peter 1:3

POLISHING THE PULPIT

How It Is

Faith in God

THE GAP

Health/ Childbearing

POLISHING THE PULPIT

How It Should Be

POLISHING THE PULPIT

Do you really believe God made our bodies inherently dysfunctional?

POLISHING THE PULPIT

Do you really believe God's design is that far off?

POLISHING THE PULPIT

Do you really believe He made our bodies to struggle?

POLISHING THE PULPIT

The reality

POLISHING THE PULPIT

We rarely appreciate or even think about health until it's gone.

POLISHING THE PULPIT

The goal is NOT to live forever, of course.

POLISHING THE PULPIT

Stewardship.

POLISHING THE PULPIT

Are we spending our physical health recklessly?

POLISHING THE PULPIT

Ask yourself right now:

How responsibly am I stewarding the body God gave me?

POLISHING THE PULPIT

You do NOT need a degree or letters behind your name to understand a LOT about God's design.

POLISHING THE PULPIT

The Garden.

POLISHING THE PULPIT

Are you treating sleep, nutrition, and rest as optional?

POLISHING THE PULPIT

Stress impacts your health.

POLISHING THE PULPIT

PTP “Flu”

POLISHING THE PULPIT

Our present choices shape the future.

POLISHING THE PULPIT

What can you do?

- Count the cost. Ask:
  - Will you invest intentionally now or pay painfully later?
  - Is the diagnosis that's coming down the pipeline worth the temporary pleasures of empty foods?
- Repent
  - Decide you're going to change to honor the body God gave you.
- Start learning
  - My podcast is one place. My workbook is another. There are many more

POLISHING THE PULPIT

What can you do?

- Don’t just talk about it
  - Remove processed “foods”, inflammatory oils, and added sugars (they’re not real food anyway)
  - Add whole, REAL foods
  - Add walks to your day, especially after meals
  - Prioritize sleep
  - Remove sources of stress wherever possible
  - TRULY put your faith in the Lord

POLISHING THE PULPIT

Physical health is directly and deeply tied to mental health.

POLISHING THE PULPIT

Therefore, whether you eat or drink, or whatever you do, do *all* to the glory of God.

1 Corinthians 10:31

POLISHING THE PULPIT

Learn more

POLISHING THE PULPIT

Mental Health for Christian Women

Dana Glasscock

POLISHING THE PULPIT

Mental Health

A state of emotional, psychological, and social well-being that shapes how a person thinks, feels, and acts.

POLISHING THE PULPIT

Good mental health doesn't mean:

- You are happy all the time.
- You never struggle.
- You never feel anxious or sad.

POLISHING THE PULPIT

Poor mental health doesn't mean:

- You have a weak faith.
- There is sinfulness in your life.
- God has abandoned you.

POLISHING THE PULPIT

According to the World Health Organization:

- 1 in 7 (1.1 Billion) people live with a mental disorder
- 1 in 5 (23%) of adults in U.S. experience a mental illness each year

POLISHING THE PULPIT

The National Institute of Mental Health cites the #1 mental health issue is:

Anxiety

(closely followed by major depressive disorders)

POLISHING THE PULPIT

Anxiety Disorders

are defined as excessive, uncontrollable worry, restlessness, irritability, muscle tension, and sleep disturbances

POLISHING THE PULPIT

Major Depression

is defined as a persistent sad or hopeless mood, loss of interest in activities, fatigue, and changes in appetite.

POLISHING THE PULPIT

Possible Warning Signs:

- Withdrawing from people
- Constant worry; ruminating
- Hopelessness
- Inability to enjoy anything
- Major sleep changes
- Appetite changes
- Irritability
- Inability to function normally

POLISHING THE PULPIT

Biblical Examples:

- Elijah— 1 Kings 19
- David— Psalm 13
- Jesus— Matthew 26:36–46/ Mark 14: 32–42/ Luke 22:39–46

POLISHING THE PULPIT

6 Practical Suggestions:

1. Get 8 hours of sleep
2. Eat nutritious meals that fuel your body/mind
3. Exercise 20 minutes each day
4. Get outside/Take Vitamin D
5. Confide in a trusted sister/Don't isolate
6. Turn off electronic devices 60 minutes before bed

POLISHING THE PULPIT

The 4 Pillars of Mental Health Crisis Caused by Screens:

(From *The Anxious Generation* by Jonathan Haidt)

1. **Social Deprivation**
2. **Sleep Deprivation**
3. **Attention Fragmentation**
4. **Addiction**

POLISHING THE PULPIT

Common Anxiety Cycle

- Trigger
- “What If” thought
- Fear increases
- Reassurance seeking/avoidance
- Temporary relief
- Anxiety returns stronger

POLISHING THE PULPIT

Techniques When Feeling Anxious:

1. **Grounding**—Notice:
   - 5 things you can see
   - 4 things you can touch
   - 3 things you can hear
   - 2 things you can smell
   - 1 thing you can taste
2. **Controlled Breathing**—Box Breathing:
   - Inhale for 4 seconds
   - Hold for 4 seconds
   - Exhale for 4 seconds
   - Hold for 4 seconds

POLISHING THE PULPIT

Techniques When Feeling Anxious:

(Continued)

3. **Cognitive Reframing—**
   Replacing the worst case scenario with a most realistic, balanced outcome

4. **Cognitive Defusion—**
   Stepping back from your thoughts and instead of treating them as absolute fact or strict rules, you learn to see them as simple words passing through your mind.

POLISHING THE PULPIT

So We Need To:

Notice
Unhook/Cognitive Defusion
Accept
Refocus
Act

POLISHING THE PULPIT

We Also Should Remember:

“The Lord is near to the brokenhearted and
saves the crushed in spirit.
Many are the afflictions of the righteous, but
the Lord delivers him out of them all.”

Psalm 34:18–19

POLISHING THE PULPIT

Scriptures to Consider:

2 Corinthians 10:5
Philippians 2:5
Philippians 4:6–8
Colossians 3:2
Romans 12:2
Ephesians 4:22–24
Isaiah 26:3
Isaiah 41:10
Psalm 1:1–2
Psalm 42:11
Psalm 139:23–24
Psalm 147:3
Proverbs 2:1–15
Proverbs 3:5–7
Proverbs 12:25
Matthew 6:25–34
Romans 8:5–6
1 Peter 5:7

POLISHING THE PULPIT