

How Mentally Healthy Are You?

By

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- Introduction
- Bible verses
 - Daniel 6:3 – Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; and the king thought to set him over the whole realm.
 - Daniel 6:4-5 – Then the presidents and princes sought to find occasion against Daniel concerning the kingdom; but they could find none occasion nor fault; forasmuch as he was faithful, neither was there any error of fault found in him. Then said these men, We shall not find any occasion against this Daniel, except we find it against him concerning the law of his God.
 - Daniel 6:10 – Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.
- Ten characteristics of mental health as illustrated by Daniel
 - An ability to withstand change
 - 1973 Holmes and Rahe
 - As chapter 6 of Daniel opens, Daniel was about eighty years old.
 - The ability to function at full capacity – physically, intellectually, and emotionally.
 - Daniel excelled physically, intellectually, and emotionally throughout his life.

- Daniel excelled for over eighty years, under three different foreign kings.
- A good attitude – optimistic, confident, and secure
 - Daniel had confidence
 - As a youth he was confident God could make him physically strong though his diet was restricted.
 - He could interpret King Nebuchadnezzar’s dream.
 - He interpreted the handwriting on the wall and told King Belshazzar of his impending death.
- An unwavering purpose in life
 - Daniel had an ingrained, unwavering purpose in life.
- The ability to relate to people and to build relationships with others
 - As a youth
 - Same ability as an old man
 - Even related well to a foreign people
- Balance in several important areas
 - Daniel maintained a balance in his spiritual life as well.
 - In Daniel 10:12 the emphasis is on prayer
 - In Daniel 12:3 the emphasis is on witnessing
- Dependable
 - The presidents and princes could find no fault with Daniel.
- Other-centered-not self-centered
 - Daniel showed concern for a group of wise men and even intervened to save their lives.
- A man of the word
 - Daniel was a man of God’s Word. He greatly valued “the law of his God.”
- An acceptance of God as our primary support system
 - Daniel watched his world crumble around him as a youth.

- Mental illness
 - Mental health – serious psychological distress (SPD)
 - 11% of people over 18 years have SPD
 - 24 million US citizens have SPD
 - only 45% receive any kind of mental health services
 - SPD was most common in age 18 – 25 years (18%), 26 – 29 years (12%), greater than 50 years (7%)
 - MDD (major depressive disorder)
 - 10% of men will have MDD
 - 20% of women will have MDD
 - MDD is usually recurrent
 - 30% of MDD people have an episode lasting more than 2 years.
 - MDD increases the morbidity and mortality of:
 - CVD (cardiovascular disease)
 - chronic pain
 - DM (diabetes mellitus)
 - respiratory illnesses
 - General information
 - 7.9% of the population has a lifetime prevalence of alcohol dependency.
 - 4.4% has a lifetime prevalence of drug dependency.
- A spiritual-mental health profile
 1. Do you read and personally apply the Word of God to you life?
 - Each day
 - 3 times weekly
 - Seldom
 2. During periods of situational stress and rapid change in your life, do you experience difficulty functioning?

- Seldom
 - Occasionally
 - Each day
3. Would your employer say that you are a dependable person?
- Almost always
 - Usually
 - Occasionally
4. Do you have a tendency to go to extremes in various areas of your life?
- Seldom
 - Occasionally
 - Frequently
5. As a Christian living for God and His principles, how often do you stop to consider your purpose in life?
- Daily
 - 3 times weekly
 - seldom
6. Do your thoughts revolve around yourself and your problems, as opposed to helping others?
- Occasionally often usually
7. Would your wife or closest friend say that you have a good attitude?
- Almost always
 - Usually
 - Occasionally
8. Do you have close and intimate friends?
- Several
 - A few
 - None
9. Do you have a primary support system?

- Yes – God
 - Yes – the family
 - None
10. How many major areas of life (church, family, job, etc.) do you function well in?
- Four or more
 - Three
 - Two or less
- Conclusion
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