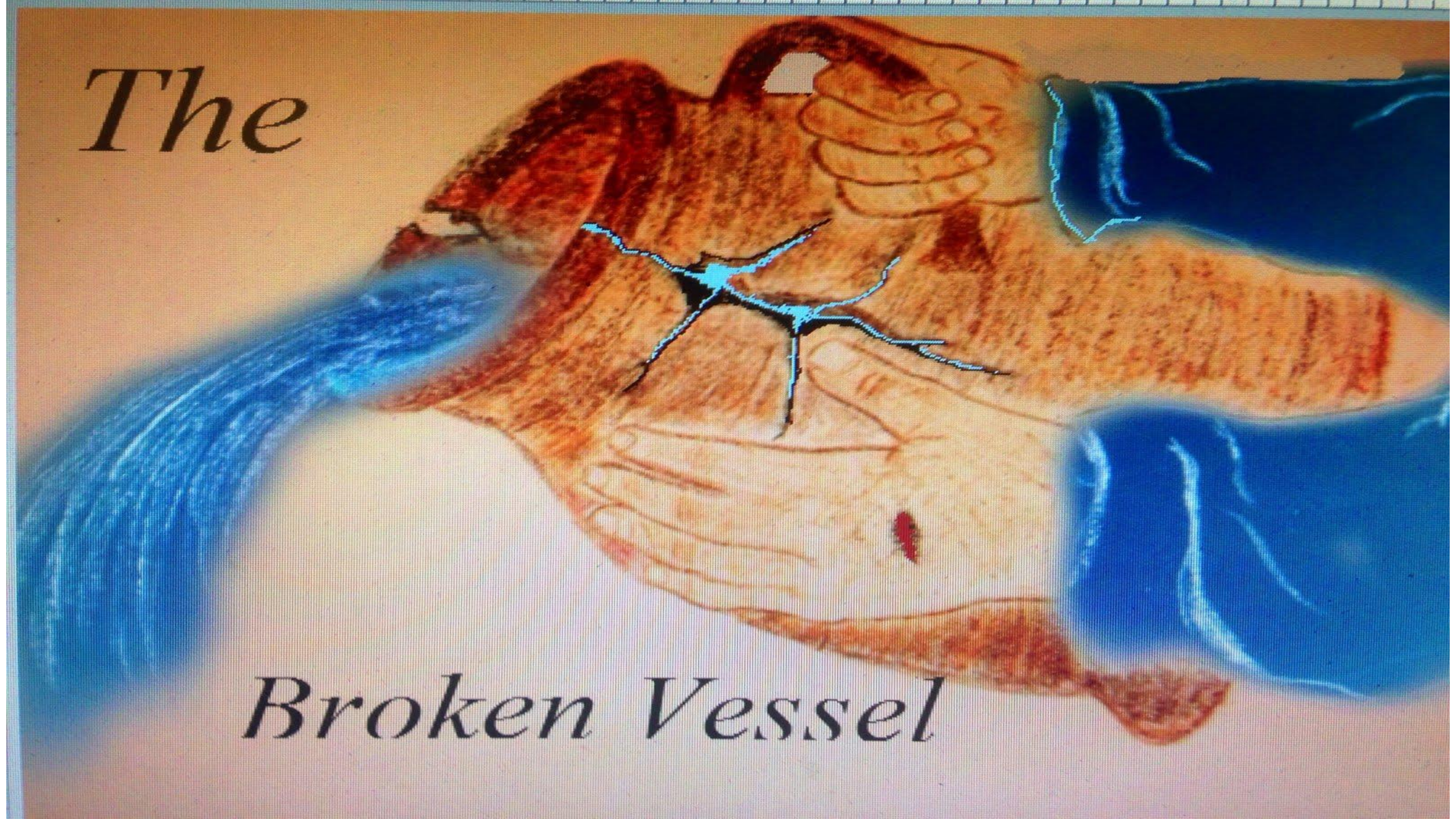


The

Broken Vessel



Behold, I go forward, but he
is not there; and backward,
but I cannot perceive him:

On the left hand, where he
doth work, but I cannot
behold him: he hideth
himself on the right hand,
that I cannot see him:

But he knoweth the way
that I take: when he hath
tried me, I shall come forth
as GOLD. *Job 23: 8-10*



IN JAPAN, BROKEN OBJECTS
are OFTEN REPAIRED WITH
GOLD. THE FLAW *is* SEEN
as A UNIQUE PIECE OF *the*
OBJECT'S HISTORY, WHICH
ADDS TO *its* BEAUTY.

CONSIDER THIS
WHEN YOU FEEL **BROKEN**.

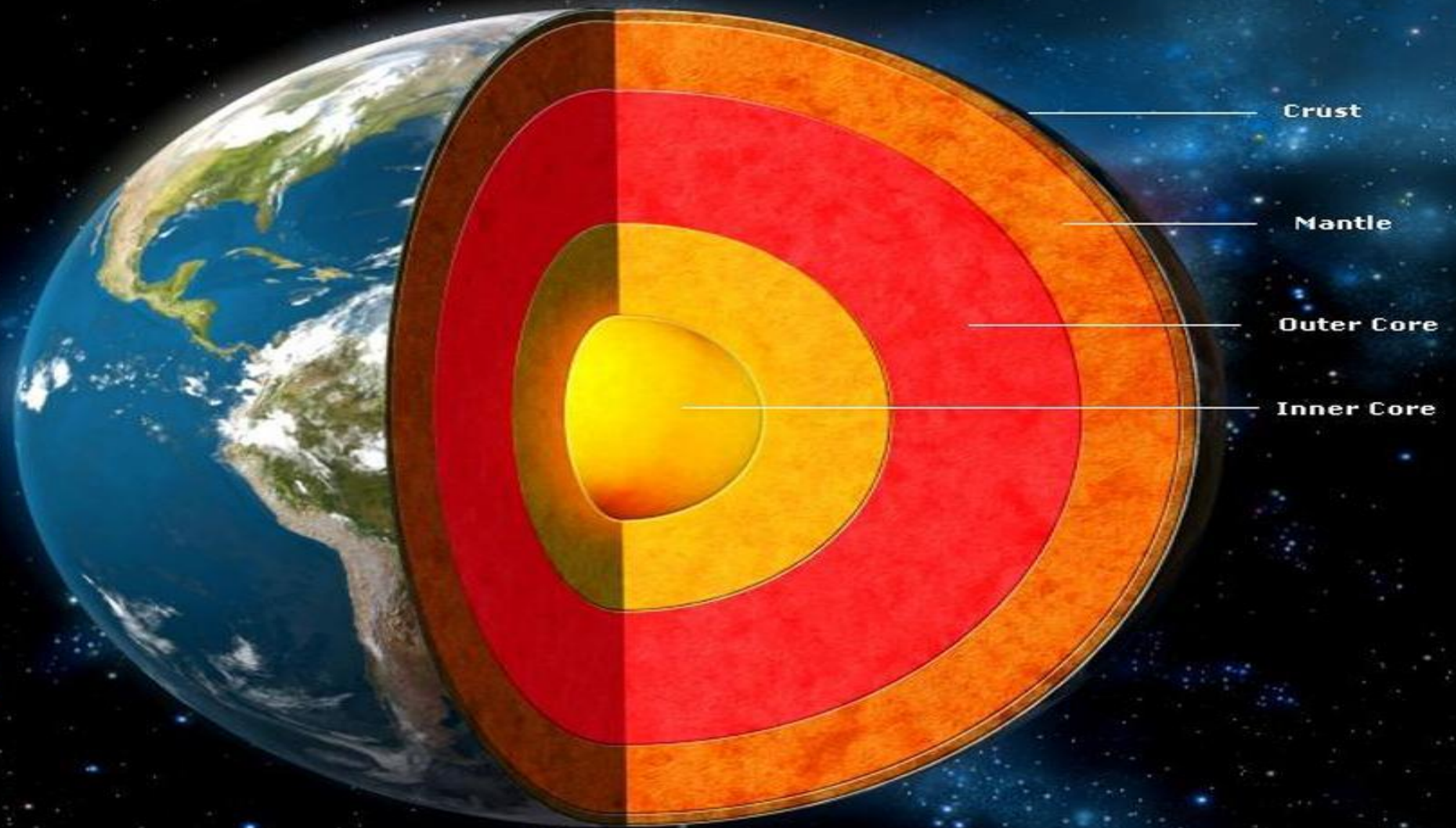
"We have this treasure from God,
but we are like clay jars that hold the treasure..."

2 Corinthians 4:7-8 NCV



Sometimes,
the only way
God can get to
the treasure He
has placed
within us, is by
breaking us!

The Inner Core





Physical

Emotional

Social

Spiritual

Inner Core of Being -Spiritual Dimension

Dr. Emmy Van Deurzen, a clinical psychologist & Philosopher, founder and principal of The New School of Psychotherapy & Counselling, said:

“When people rediscover their inner connectedness to something greater than themselves, to some ideal which will lift them beyond their everyday struggles, a new motivation flows inside of them, which can carry them through difficulties with unerring purposefulness”

So the ‘spiritual’ dimension really is where love, joy, purpose, meaning, values, morals, a sense of belonging and connectedness are derived from.

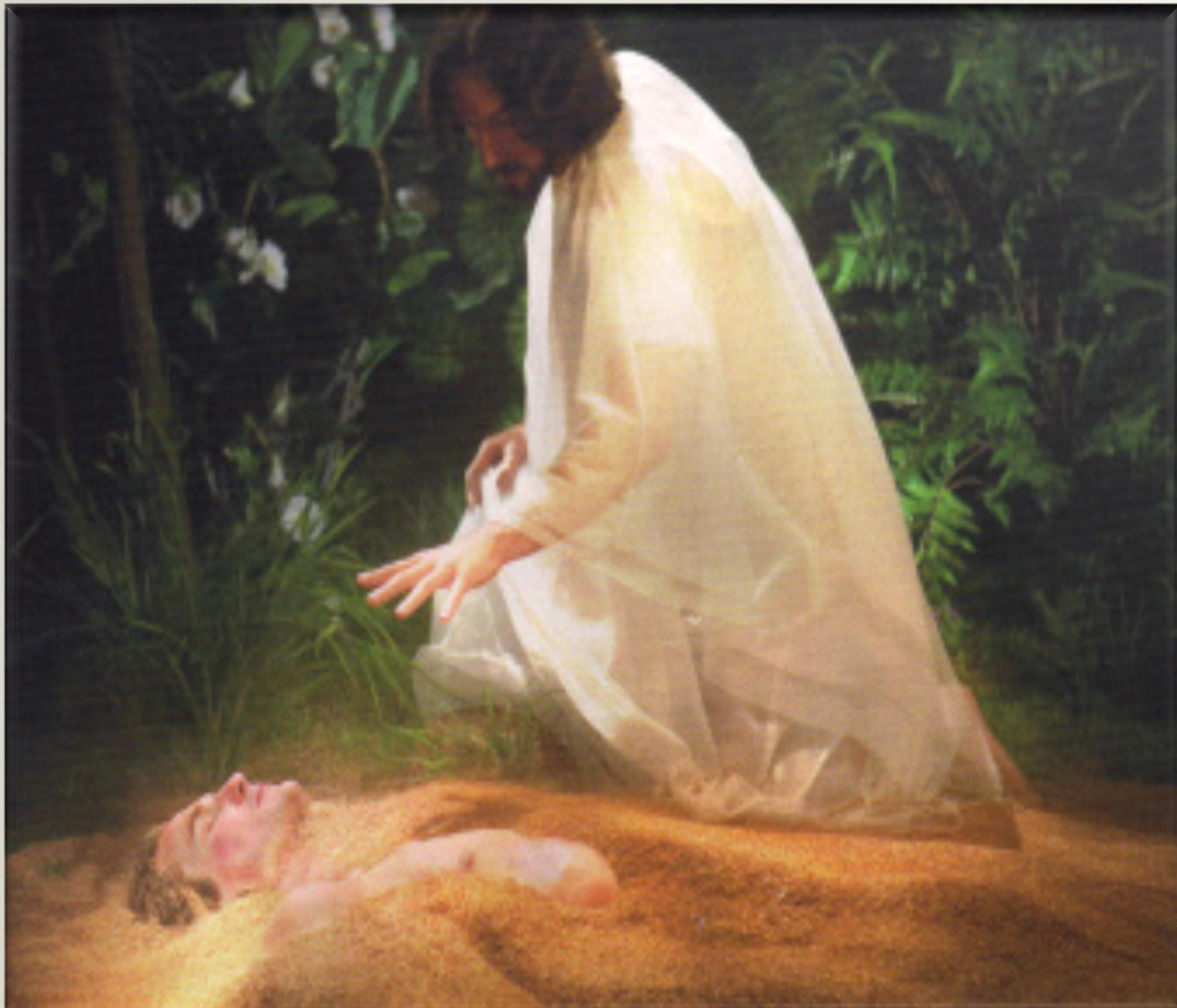
SPIRIT-UAL

The word Spirit is the key part of the word 'Spiritual' So what is this spirit?

The word “spirit” is derived from the Latin word ‘spiritus’ and is related to the verb spirare which means “to breathe.”

BREATH = SPIRIT=SOUL

**And the LORD
God formed
man of the dust
of the ground,
and breathed into
his nostrils the
breath of life; and
man became a
living *soul*.
Gen 2:7**



The breath of God = The Human Spirit

The human spirit = consciousness of self, intellect, emotions, creativity, the unique ability to comprehend and understand. It is the source of life that vitalises humanity, the intangible unseen part of the human being that governs man's mental and emotional existence.

When God created Adam & Eve : His Breath sinned, there was a spiritual disconnection

Human Spirit = connects us with God

Sin and Disobedience = disconnects us from God

Repentance and forgiveness = reconnects us with God

Loss of Connection

By default we are all connected with God because we each have His breath in us.

Loss of Connection = own sin or someone else's sin or even adverse circumstances

- **Psychological factors:**

- Trauma – physical, emotional, mental and sexual abuse

- Gross Neglect by primary caregivers

- Early loss of a parent

- **Environmental factors:**

- Death or divorce

- Dysfunctional family

- Poverty/Affluence

- Substance misuse by parents

Adverse Childhood Experiences

Dr. Nadine Harris, 2018 linked adverse childhood experiences and toxic stress with harmful effects to health {both physiological and mental} later in life

- Physical, Emotional and Psychological abuse
- Physical and Emotional neglect
- Growing up in a household where one or both parents is or are mentally ill or Imprisoned
- Parental separation or divorce
- Domestic violence
- Multiple foster care placements

Adverse Circumstances ➡ Brokenness

Tragedy/Trauma (Brokenness) – can potentially cause disintegration or a lack of cohesion

- **An infertile/impotent soil of the mind = Fear, Anger, Anxiety, Depression**
- **A fertile soil of the mind = Love, Power & a Sound Mind**

When we fail to process emotional pain, we can lose the ability to hold ourselves together, in other words, maintain an internal harmony (body, mind & spirit). The mind then becomes fertile soil for mental ill-health.

What is Mental Health

Mental health is a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society. Basic cognitive and social skills; ability to recognize, express and modulate one's own emotions, as well as empathise with others; flexibility and ability to cope with adverse life events and function in social roles; and harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium

For in my inner being- I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me *Romans 7: 22-23*

CONNECTION = MENTAL HEALTH?

Mental Health is the emotional and spiritual resilience which enables us to survive pain, disappointment and sadness

(Health Education Authority 1997)

Research demonstrates that infant-parent bond or a sense of connection/attachment provides a security that increases resilience and improves mental health. Interactions with available and supportive attachment figures impart a sense of safety, trigger positive emotions and provide emotional strength for dealing with problems and adversities. People who feel secure remain undisturbed during times of stress and recover faster from distress. This contributes to their overall emotional well being and mental health.

(Official Journal of the World Psychiatric Association, 2012)

Breath = Spirit = Mental Health

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. *2 Tim 1:7*

His Breath = His Spirit

His Spirit = Conscience, Consciousness, Connection, Fruitfulness & Productivity

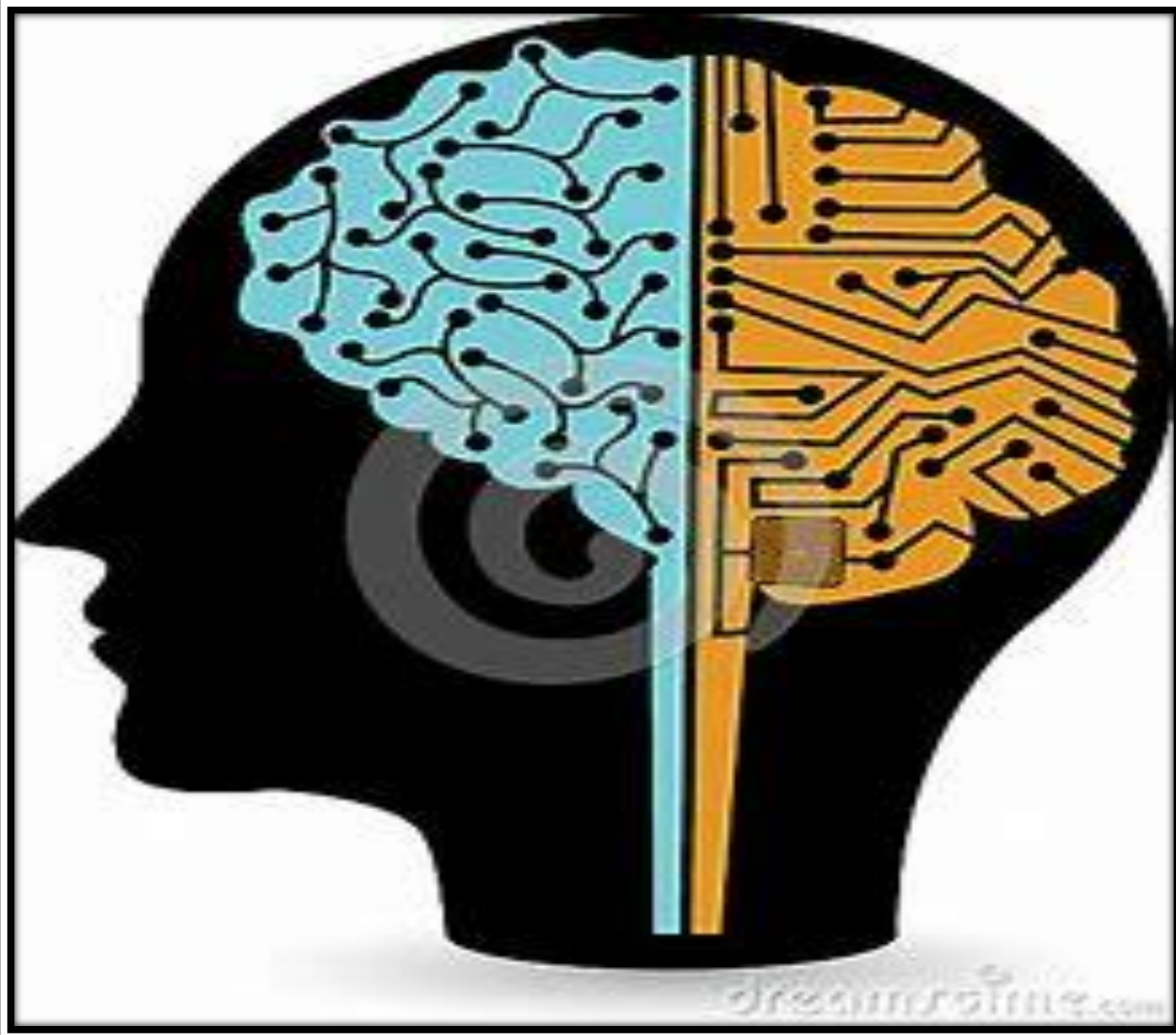
As long as my breath is in me, and the breath of God in my nostrils, my lips will not speak wickedness, nor my tongue utter deceit. *Job 27:3-4*

Job lost everything that belonged to him including his children, but as he re-connected with God, He reconnected with Himself and his brokenness became his opportunity to prove he had a spirit of power, of love & a sound mind.

Mental Illness – What exactly is it?

Experts define a mental disorder as a significant dysfunction in a person's thinking, emotional control, and behaviour.

Mental Illness is a chronic disruption in the neural circuits of the brain, affecting the functions of the brain in how a person thinks, feels and acts.



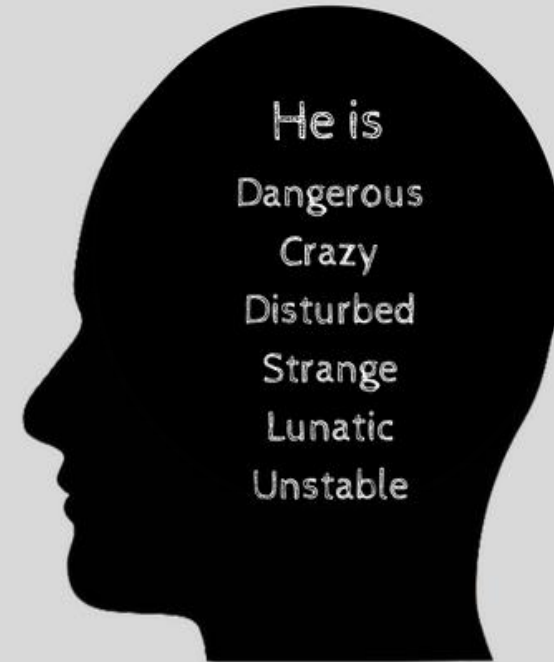
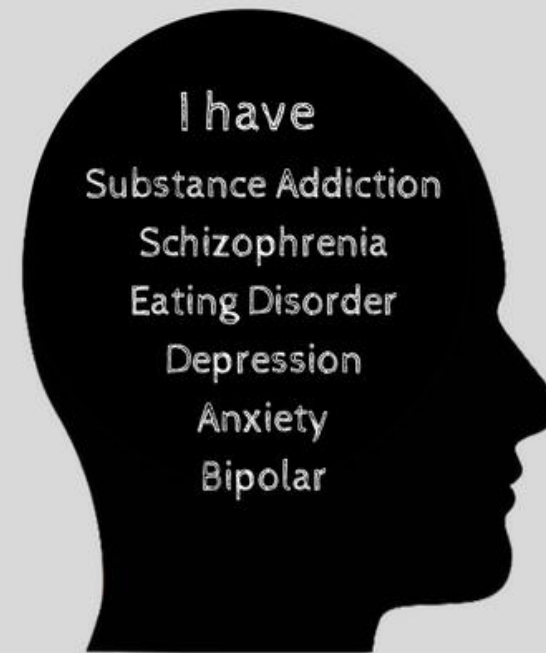
STIGMA – THE INVISIBLE BARRIER

Stigma is a perceived attribute that causes someone to devalue or think less of the whole person... creating a deep negative mindset. People with mental illness feel diminished, devalued and fearful because of the negative attitude society holds toward them. As a result, people struggling with mental health challenges may not get the help they need for fear they'll be discriminated against.



PSYCHOLOGICAL
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Redefining Psychology in Sri Lanka



DON'T EQUATE THE INDIVIDUAL
WITH THE ILLNESS.

Let's end mental health discrimination!

Stop the stigma, Stop the labelling.

CAN STIGMA BE OVERCOME?

- ❖ **Understand that being mentally ill does not mean you are weak**
- ❖ **Separate the illness from you as a 'person'. Do not identify yourself with your illness**
- ❖ **People who seek help for mental illness are really strong and courageous**
- ❖ **Being mentally ill does not take away your value as a person.. You are unique and there is only one YOU**
- ❖ **Silence perpetuates stigma – talk about it**

MENTAL HEALTH vs MENTAL ILLNESS

"the art of preserving the mind against all incidents and influences calculated to deteriorate its qualities, impair its energies, or derange its movements. The management of the bodily powers in regard to exercise, rest, food, clothing and climate, the laws of breeding, the government of the passions, the sympathy with current emotions and opinions, the discipline of the intellect—all these come within the province of mental hygiene." *Dr. Isaac Ray, 1893 – founder of the American Psychiatry Association.*

Mental Health = Mental Hygiene

Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled *Heb 12:15*

ENHANCING MENTAL WELL-BEING

- **Breathing : Intentional deep breathing vs Normal shallow breathing**
- **Sleep : Rest & Digest**
- **Nutritious Eating vs Eating to satisfy your hunger pangs**
- **Physical Exercise & Exposure to sunlight**
- **Discipline the 'thought' Life**
- **Process emotional Pain (ex. grief)**
- **Gratitude**
- **Forgiveness**
- **Worship**
- **Purpose & Meaning in Life**

Brokenness = Connect or Disconnect?

Tragedy or Trauma = Anger, Fear, Anxiety & Depression

Lose connection with self and with God = Mental Ill health

- **PRAISE in the midst of PAIN**
- **FORGIVE instead of harbouring BITTERNESS**
- **GIVE THANKS instead of murmuring**
- **HOLD ON TO HIS PURPOSES instead of DOUBTING SELF & GOD**
- **RESTING ON HIS WORD/HIS PROMISES/HIS POWER**

Reconnecting with God empowers reconnection with Self = Promotes Mental Well Being

The Connection with Self

*Our mind must make peace with our heart
before we can witness peace in the world.*



The sacrifices
of God are a
broken spirit: a
broken and a
contrite heart,
O God, thou
wilt not
despise. *Psa 51:17*



We now have this light shining in
our hearts,
but we ourselves are like
FRAGILE CLAY JARS
containing this great treasure.

This makes it clear that our
great power is from God,
not from ourselves.

**THIS TREASURE IS THE EXCELLENCY OF
THE POWER OF CHRIST.**

II Cor. 4:7



You are
hard-pressed on every side,
yet not
crushed

2 Corinthians 4:8–9

Thank You Jesus!

Princess P 🌻