

# Mental Health in Challenging Times

We are dealing with tough economic times. One recent poll reported that nearly 60% of respondents said the current economic situation is a cause of stress in their lives.

It is a harsh reality that at a time when greater numbers of people need the resources of their mental health community, budgets for these services has been cut. Many congregations also face budget cuts that can affect their ability to provide support and services.



But we are all in this together and there are steps we can take to care for ourselves, keep perspective, and cherish all that's good in our life. Mental Health America offers ten tools as a guide to good mental health-even in the face of life's challenges.

## Ten Tools to Live Your Life Well

- 1) Connect with others
- 2) Stay positive
- 3) Get physically active
- 4) Help others
- 5) Get enough rest
- 6) Create joy and satisfaction
- 7) Eat well
- 8) Take care of your spirit
- 9) Deal better with hard times
- 10) Get professional help if you need it



## Faith Communities Can Be a Source of Support and Hope

- Address stress and mental health in worship and newsletters
- Provide opportunity to re-evaluate the priorities in our lives
- Be aware of signs and symptoms of persons who need support
- Offer support groups or one-to-one mentors
- Be knowledge of referral resources in your community
- Provide opportunities to volunteer to help others
- Use the rituals of your faith for comfort, strength and hope



Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)  
Live Your Life Well [www.LiveYourLifeWell.org](http://www.LiveYourLifeWell.org)  
NAMI FaithNet [www.nami.org/namifaithnet](http://www.nami.org/namifaithnet)  
Mental Health Ministries [www.MentalHealthMinistries.net](http://www.MentalHealthMinistries.net)