



**AGORA**  
NETWORK MINISTRIES

# **TEN WAYS TO STAY FINE**

*There is no quick fix*



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## **1. Eat properly – breakfast, lunch, dinner, and snack (not a bag of chips, diet pop, or chocolate bar).**

Eating properly helps with brain function, mood, and anxiety. Not eating is counterproductive to being mentally well.

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own. – 1 Corinthians 6:19*

## **2. Sleep properly – turn off your devices one hour before bed, no caffeine drinks, and practice mindfulness.**

Sleeping properly helps with our emotions, mood, and anxiety and can help reduce the severity of mental health disorders, including the risk of suicidal ideas or behaviours.

*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. – Matthew 11:29-30*



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## **3. Avoid drugs and alcohol – they do not help. Marijuana can cause anxiety and depression.**

Avoiding drugs and alcohol will help with your mood, anxiety, thought process, increase your motivation, and possibly change your outlook on life.

*The wise see danger ahead and avoid it, but fools keep going and get into trouble. – Proverbs 22:3*

## **4. Exercise – stay busy, get outside, go for a walk, go camping, go swimming, do something.**

Exercise helps with mood, anxiety, concentration, and awareness.

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. – Romans 12:1*

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## 5. Find Purpose – go do something, make a difference, change the world, encourage a friend.

Having a purpose will help you cope with day-to-day stressors, help with your self-worth, help with your self-esteem, and to live a life beyond yourself which will help improve your overall mental health.

*But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. – 1 Peter 2:9*

## 6. Health Care Provider – talk to them, attend appointments, and do the work.

Your health care provider should be part of the initial treatment for your mental health. Nothing will help if you don't do the work.

*Share each other's burdens, and in this way obey the law of Christ. – Galatians 6:2*



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## **7. Medication – take them as prescribed.**

Medications are not cures. The purpose of medication is to treat the symptoms and to help people manage.

*Then Jesus called his disciples to him and said, "I have compassion on the crowd because they have been with me now three days and have nothing to eat. And I am unwilling to send them away hungry, lest they faint on the way." - Matthew 14:16*

## **8. Create a support team – family, friends, therapist, COAST.**

Your journey is yours. It can be very similar to others, but it is not the same.

*And let us consider how we may spur one another on toward love and good deeds - Hebrews 10:24*



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## 9. Pray – pray and pray some more.

*"Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty." – E.M. Bounds*

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – Philippians 4:6*

## 10. Read Scripture – Study the Word!

*Your Word is a lamp for my feet, a light on my path. – Psalm 119:105*



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