

R ESTART YOUR BODY RENEW YOUR MIND REVIVE YOUR SPIRIT

“REDISCOVER GOD’S PLAN FOR HEALTH, HAPPINESS, AND HOPE”

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YOUR MIND REDEFINED

DOES THE BODY RULE THE
MIND OR DOES THE MIND
RULE THE BODY?



2-20

I DON'T
KNOW...



OBJECTIVES:

As you rediscover God's plan for health, happiness, and hope, you will—

1. Gain a clearer picture of how brain strain, lifestyle choices, toxic thinking, and spirituality impact your health and wellness.
2. Learn to use an assortment of tools and techniques for balancing your body, mind, and spirit.
3. Apply the principles of Biblical hope and happiness as the spiritual foundation to your health.

You will have *Your Mind Redefined*



MAY 10, 1999 • VOL. 1 • NO. 10

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OR Bridge Program

Serving the Greater Philadelphia/Tri-State Metro Area

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TO CAMP**

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TEAM FINALISTS**



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to **Smile** Again

at Christiana Care
Health System,
Newark, DE



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YOUR
MIND REDEFINED

REDISCOVER GOD'S PLAN FOR
HEALTH, HAPPINESS, AND HOPE

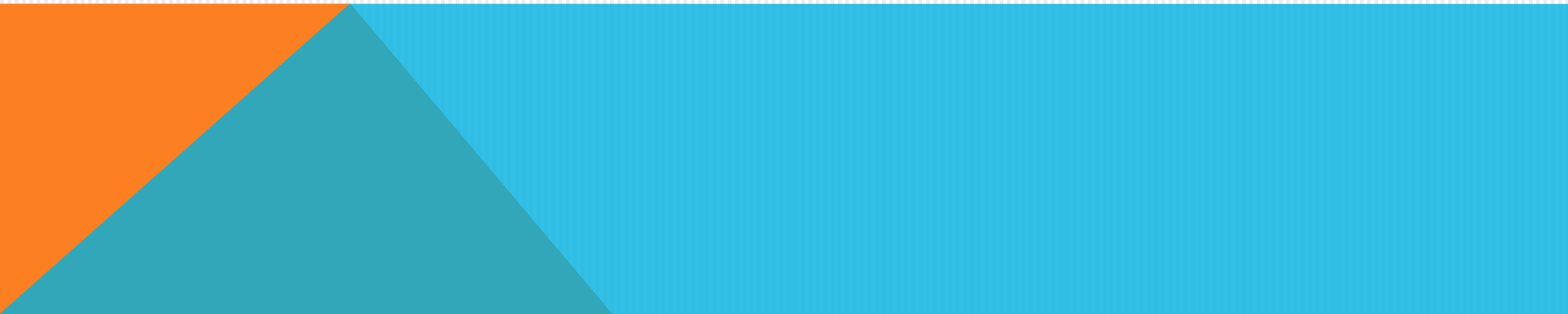


JANET LEATHM


BOARD-CERTIFIED PSYCHIATRIC NURSE PRACTITIONER

DISCLAIMER:

The seminar today is not intended to provide you with medical advice, diagnosis or treatment. All the content is for informational purposes only and I would strongly urge you to always seek the advice of a qualified healthcare provider for questions about a medical condition. Never put off seeking advice because of something you hear today.



The **HEALTH** Factor: An Acronym for Health

- **H**ope & **H**appiness: The foundation for health
 - **E**xercise: The energy for health
 - **A**mygdala/Brain Balance: The relay station for health
 - **L**ifestyle : The sustainability of health
 - **T**oxic Thoughts: The roadblock to health
 - **H**ormones: The fuel for health
- 

THE BRAIN—THE COMMAND CENTER THAT GOVERNS EVERYTHING

“For as he (she) thinks in his heart, so is he (she).” Proverbs 23:7



RUMOR



MINDFULNESS: THE INITIATIVE BEGINS WITH US

Definition: Staying in the present or paying attention to your present experience both external and internal.

“Surely *I have calmed and quieted my soul*,” (Psalm 131:2).

“But those who *wait on the Lord* shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint,” (Isaiah 40:31).

Prayer: Us talking to God

Mindfulness/Meditation: God talking to us

Speak, Lord, in the stillness
While I wait on Thee;
Hushed my heart to listen,
In expectancy.

Speak, O blessed Master,
In this quiet hour,
Let me see Thy face, Lord,
Feel Thy touch of power.

For the words Thou speakest,
“They are life” indeed;
Living Bread from Heaven,
Now my spirit feed!

All to Thee is yielded,
I am not my own;
Blissful, glad surrender,
I am Thine alone.

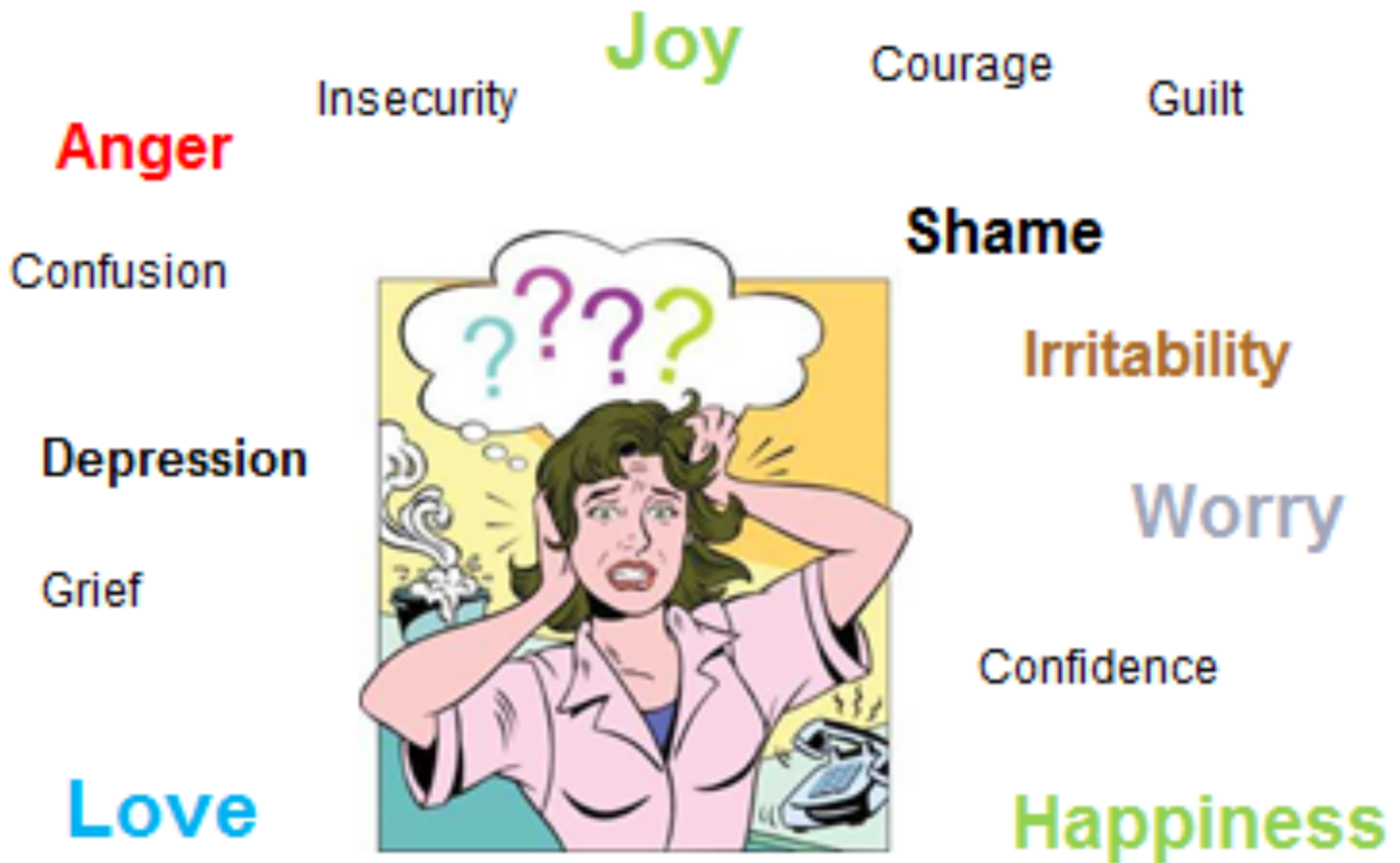
Fill me with the knowledge
Of Thy glorious will;
All Thine own good pleasure
In my life fulfill.

Like “a watered garden”
Full of fragrance rare,
Ling’ring in Thy presence
Let my life appear.

Mindfulness: Breathing & Listening

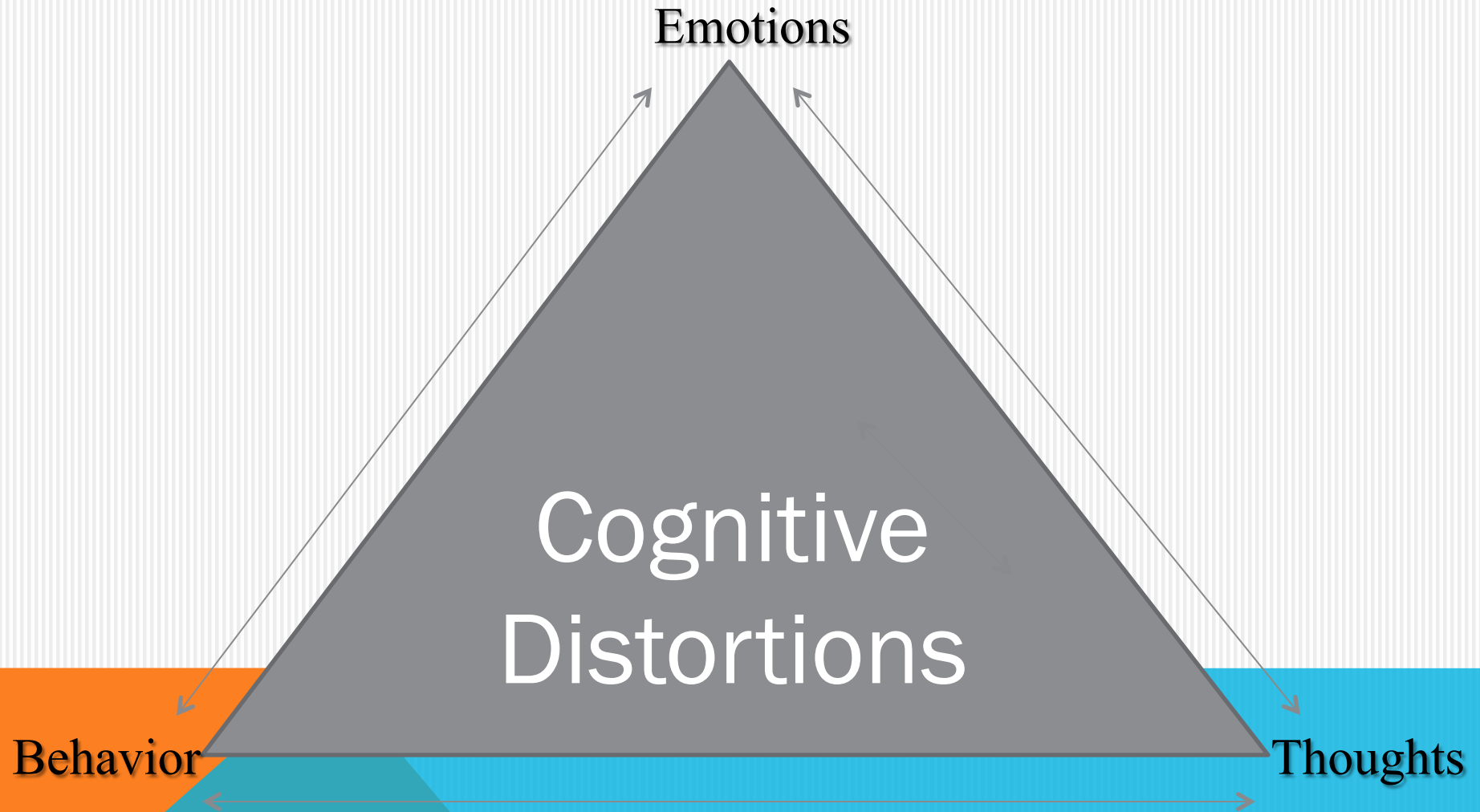


Tangled Mess of Moods



Let God change the way you think. . . Romans 12:2 CEV

PARTS OF OUR PERSONALITY



"Each part influences the other two parts"

COGNITIVE DISTORTIONS

All-or nothing thinking

Mental filter

Overgeneralization

Disqualifying the
positive

Jumping to
conclusions

Catastrophizing

Emotional reasoning

Should statements

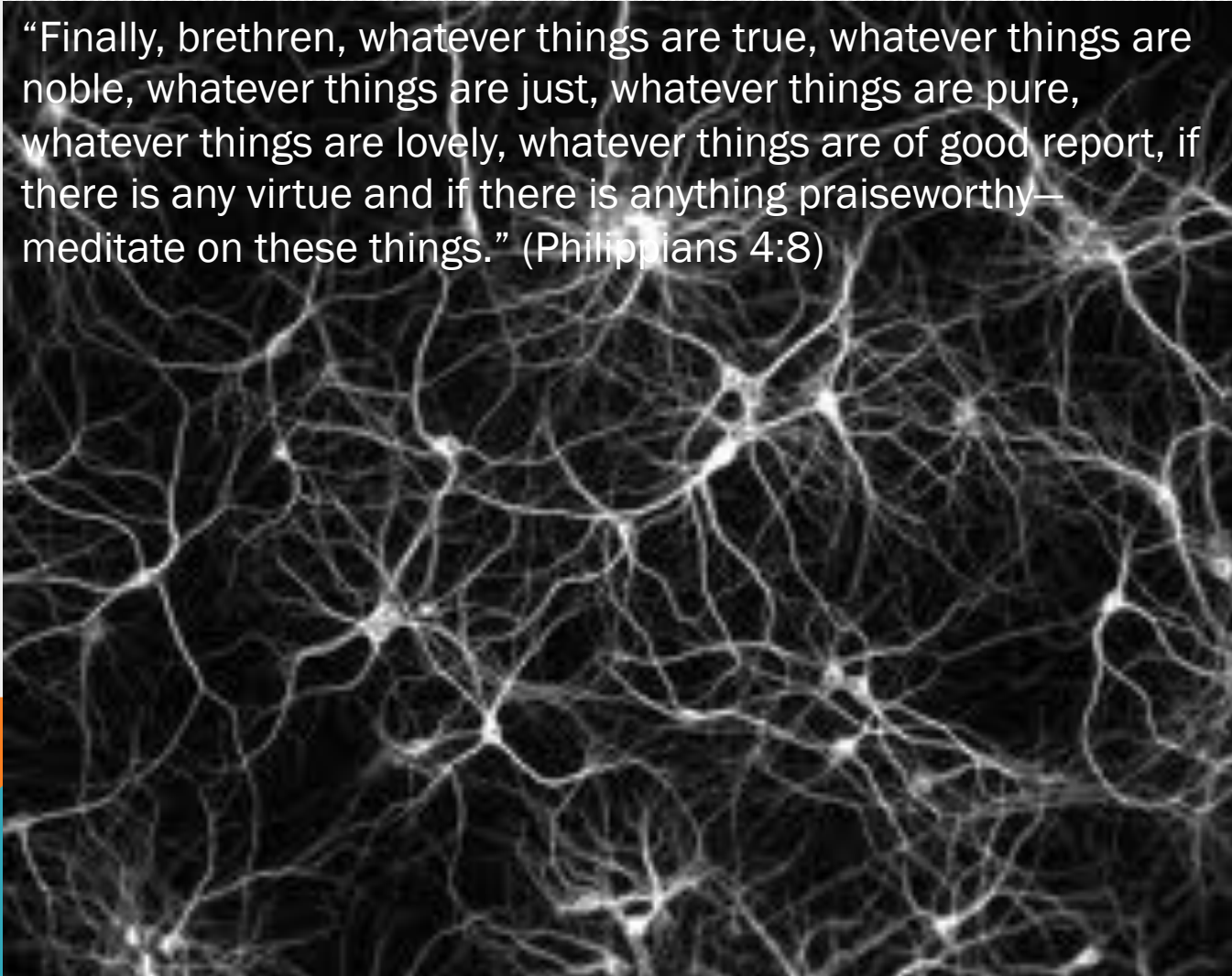
Labeling and
mislabeling

Personalization

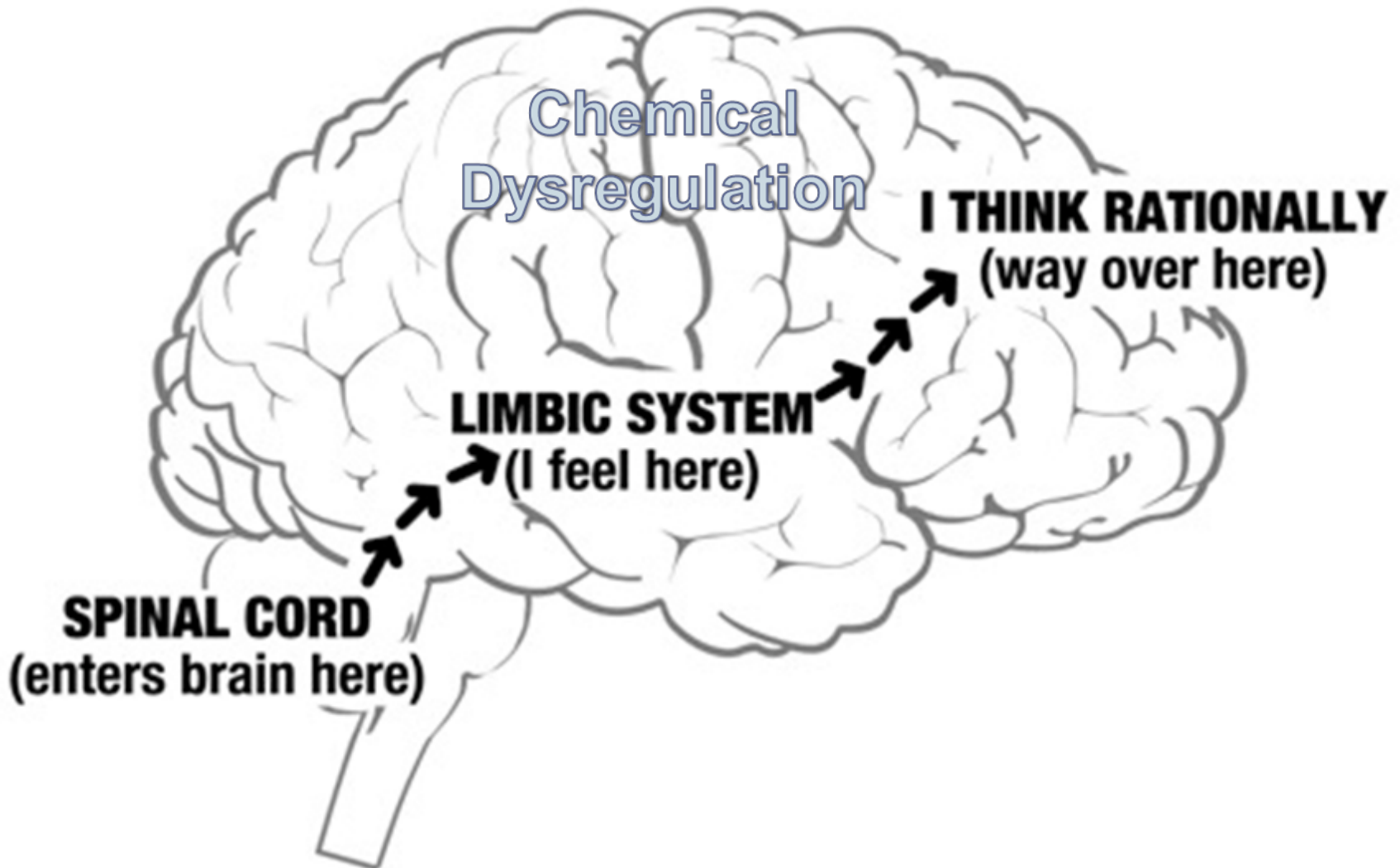


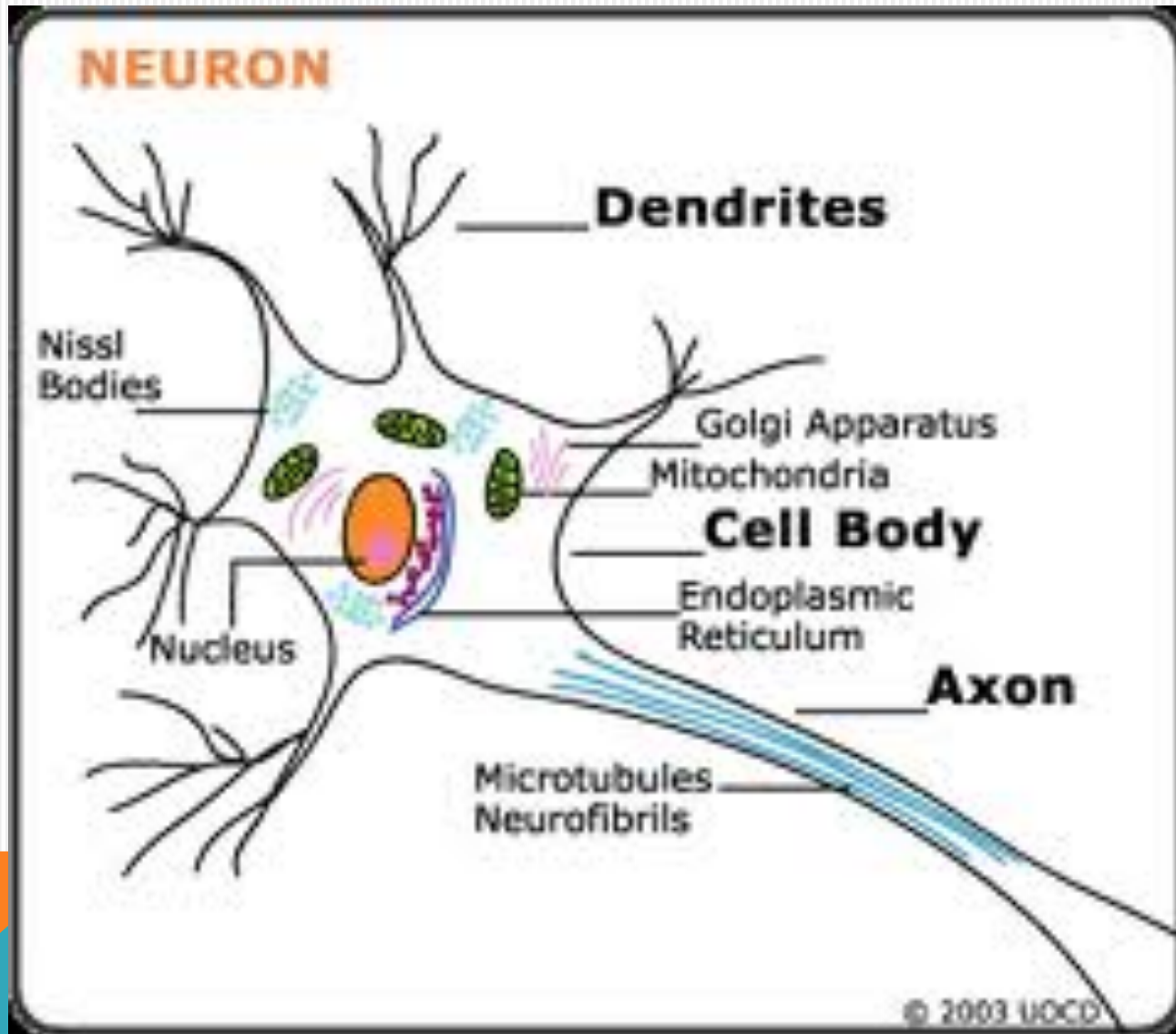
THOUGHTS ARE NOT HARMLESS: PROCESSING 400 BILLION ACTIONS PER SECOND

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” (Philippians 4:8)



PREFRONTAL-LIMBIC SYSTEM





[http://understanding_ OCD.tripod.com/
OCD_neurons_serotonin.html](http://understanding OCD.tripod.com/OCD_neurons_serotonin.html)

TOXIC MEMORY: FEAR TRIGGERS MORE THAN 1400 KNOWN PHYSICAL & CHEMICAL RESPONSES WHICH ACTIVATE > 30 HORMONES AND NEUROTRANSMITTERS




(Leaf, 2009)

EMOTIONS ALWAYS REVEAL OUR FAITH



“Bring every thought into captivity to the obedience of Christ,” II Cor. 10:5

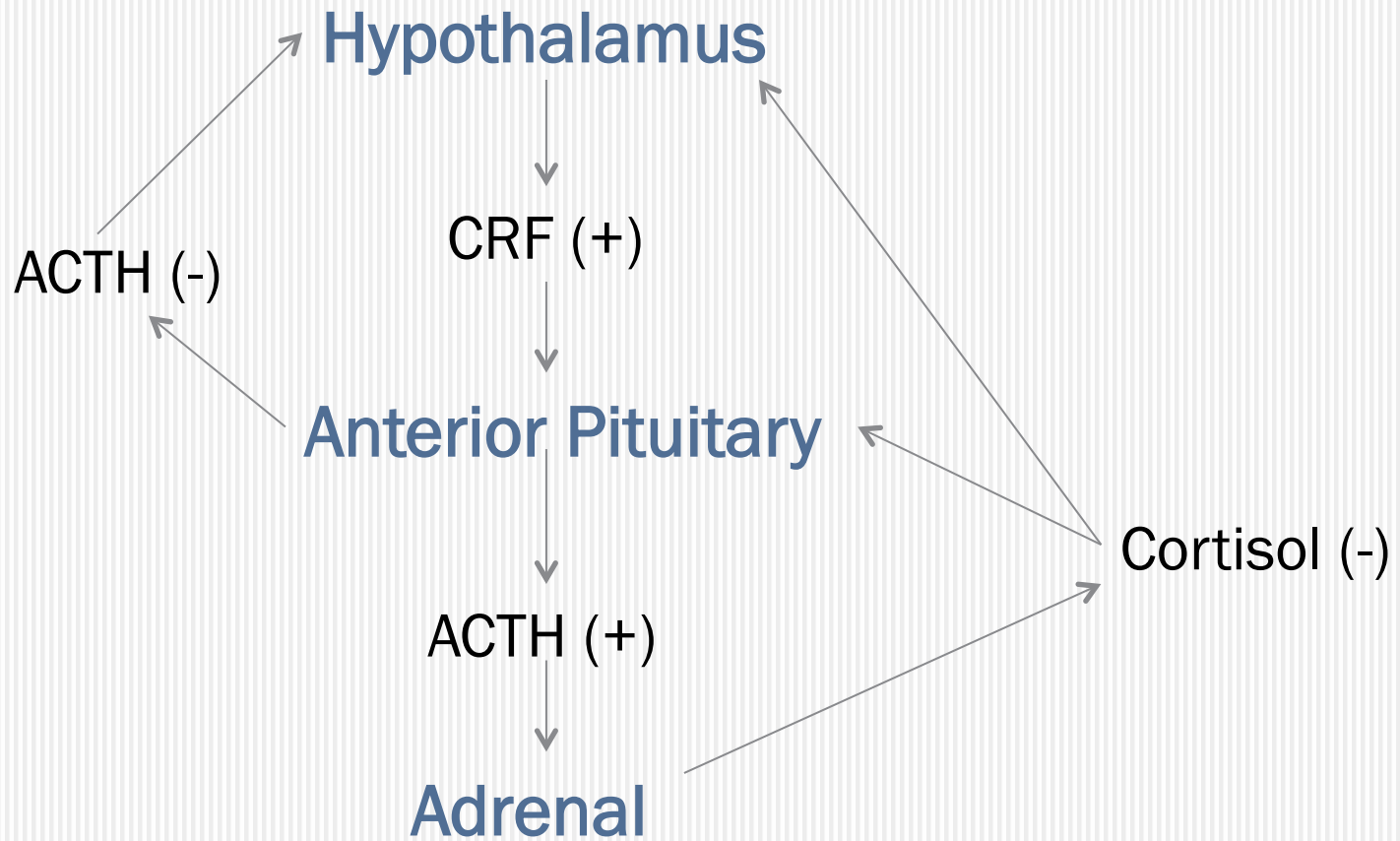
SELF-CONTROL

1. Which areas of self-control do I have the most trouble with—eating, anger, anxiety, jealousy, gossiping, lust, vulgar language, addictions, time management? Why? Has this changed over time?
 2. What are the triggers that prevent me from maintaining my self-control?
 3. If I realize that I am going to be in a situation that requires self-control, how do I try to prepare myself ahead of time? Do I try to avoid the situation?
 4. If I've lost my self-control do I try to determine what I will do differently next time?
 5. What relaxation strategies do I routinely practice—relaxation breathing, progressive muscle relaxation, journaling, mindfulness, exercise, prayer and Bible reading?
 6. Do I think that God is willing to help me with self-control? (Galatians 5:16, I Corinthians 10:13, James 4:7-8) How is the Holy Spirit helping me to cultivate the fruit of self-control? Be specific.
- 

JOURNALING

Capture Words to Describe Your Feelings





HYPOTHALAMIC-PITUITARY-ADRENAL AXIS

A NEGATIVE FEEDBACK LOOP

STRESS TRIGGERS



MOOD & SYMPTOM TRACKER

Download a copy at:

OceanicHealthResources.com

Brain strain leads to the three deadly D's:

disappointment

discouragement

depression

Our mind has a powerful influence over our physical health and well-being.

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.” (Isaiah 26:3)

WARNING SIGNS OF STRESS OVERLOAD

Physical Symptoms

Behavioral Symptoms

Emotional Symptoms

Cognitive Symptoms



BRAIN STRAIN = ALLOSTATIC LOAD

Is Your Brain on Strike?



10 FACTORS THAT BUILD STRESS RESILIENCE

- Facing Fear
- Moral Compass
- Faith
- Social Support
- Role Models



- Physically Fit
- Challenge Brain
- Cognitive & Emotional Flexibility
- Meaning, Purpose & Growth
- Realistic Optimism

Charney-- Icahn School of Medicine, Mount Sinai, NYC
Southwick-- Yale School of Medicine

CORTISOL—THE GOOD, THE BAD, & THE UGLY



Hippocampus is “studded with cortisol receptors like cloves in a ham.”

CORTISOL—THE GOOD, THE BAD, & THE UGLY

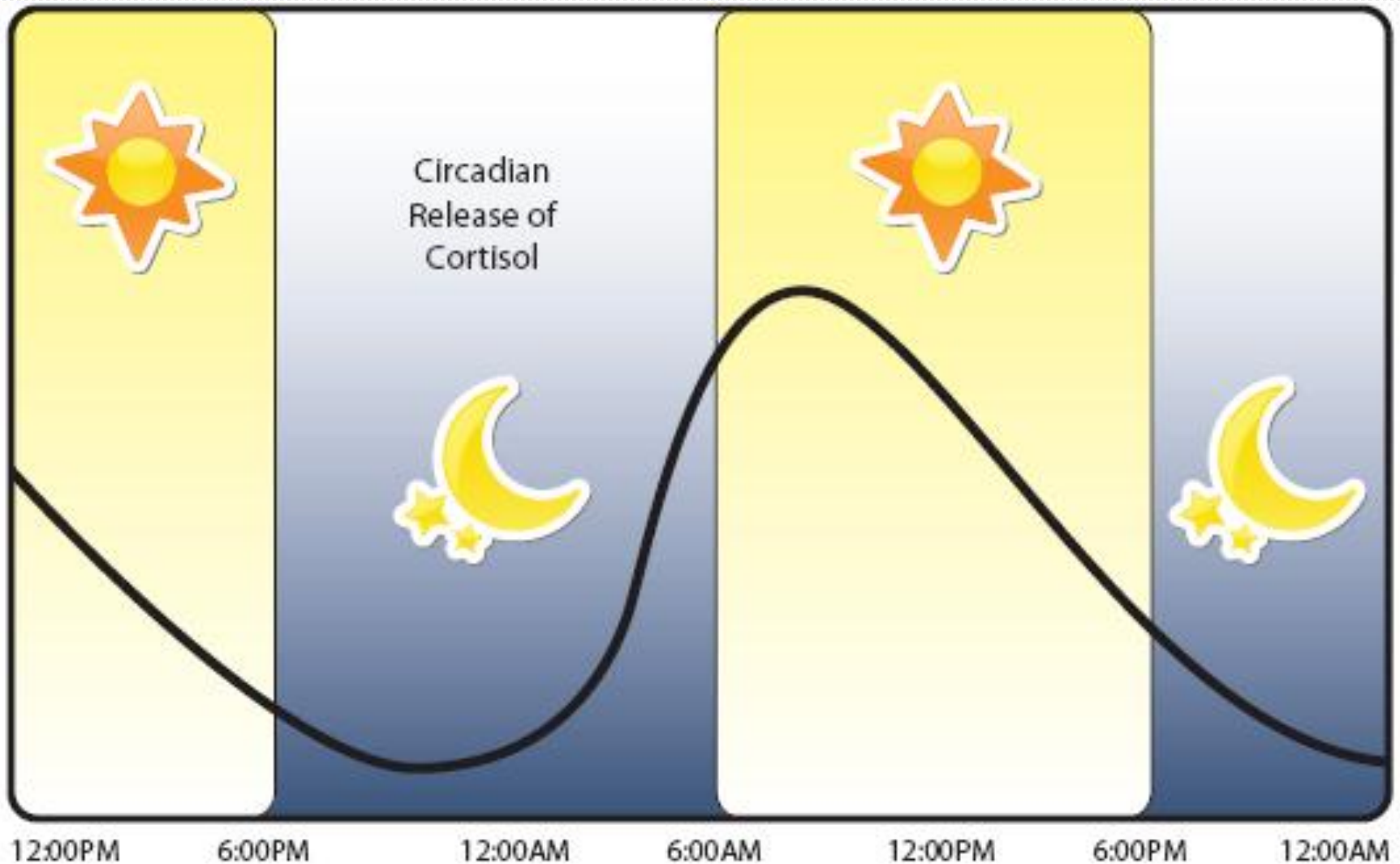
ACUTE STRESS

Normalizes blood sugar
Anti-inflammatory
↓immune system:
prevents overzealous
↑blood flow to muscles,
brain, and heart

CHRONIC STRESS

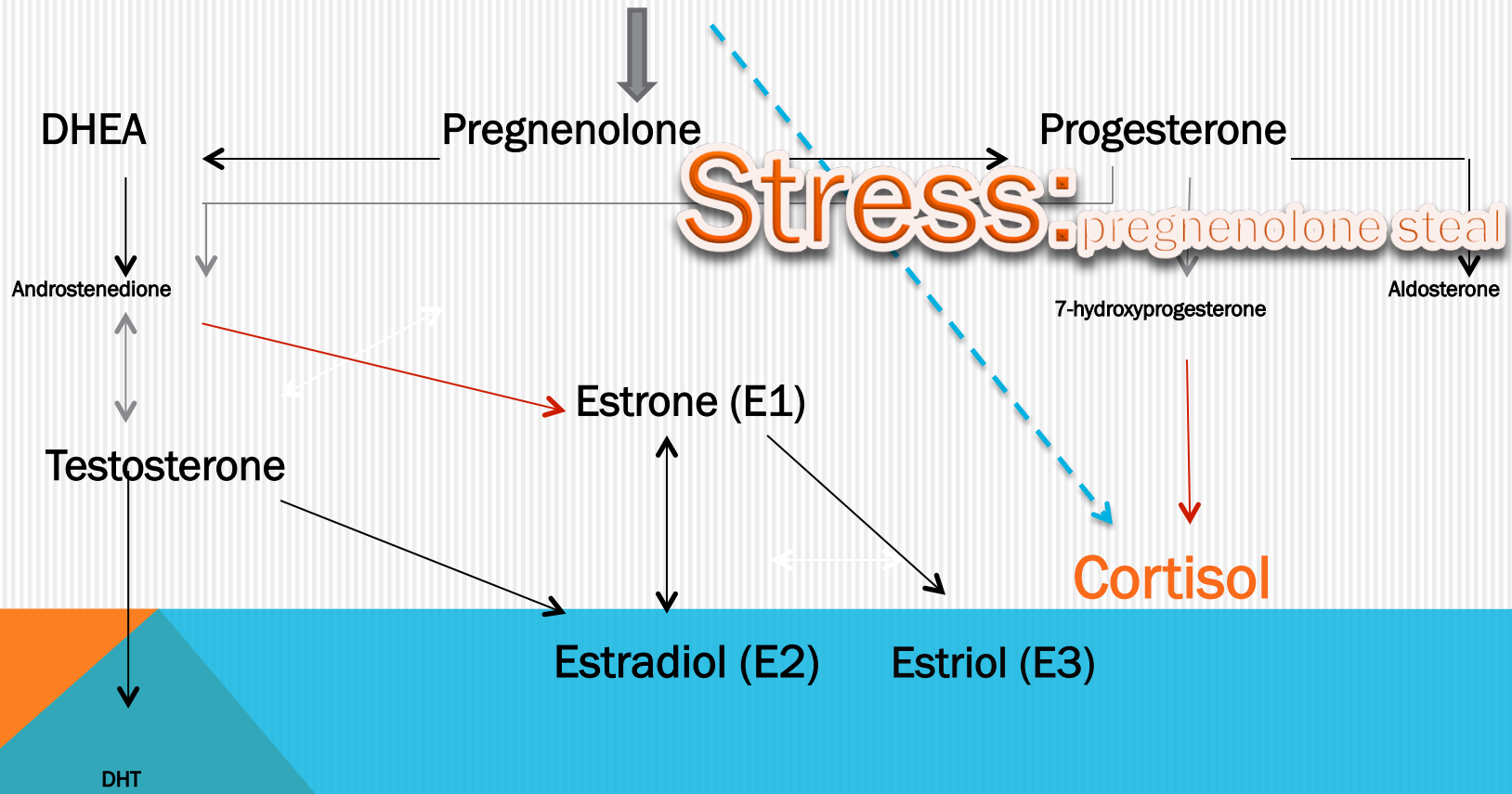
Lowered immunity
Hypertension
High blood sugar
Insulin resistance
Carbohydrate cravings
Diabetes
Fat deposits face, neck, belly
↓Libido
Bone loss
Insomnia
↓Thyroid; ↓Cognition,
↓Muscle mass
Slow wound healing

INSOMNIA & CORTISOL SECRETION



STEROID HORMONE CASCADE

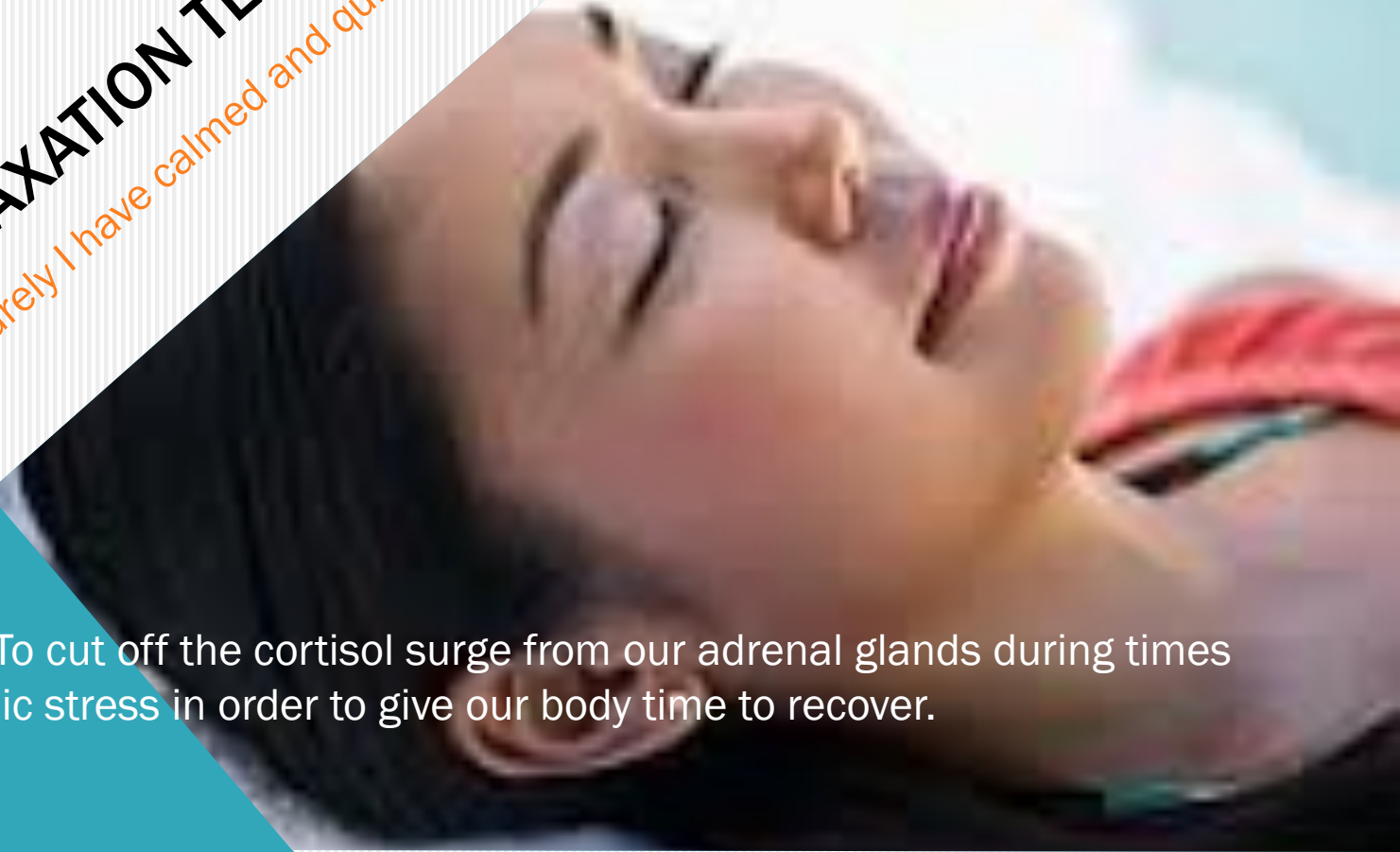
Cholesterol - LDL



RELAXATION TECHNIQUES

“Surely I have calmed and quieted my soul.” (Psalm 131:2)

Goal: To cut off the cortisol surge from our adrenal glands during times of chronic stress in order to give our body time to recover.

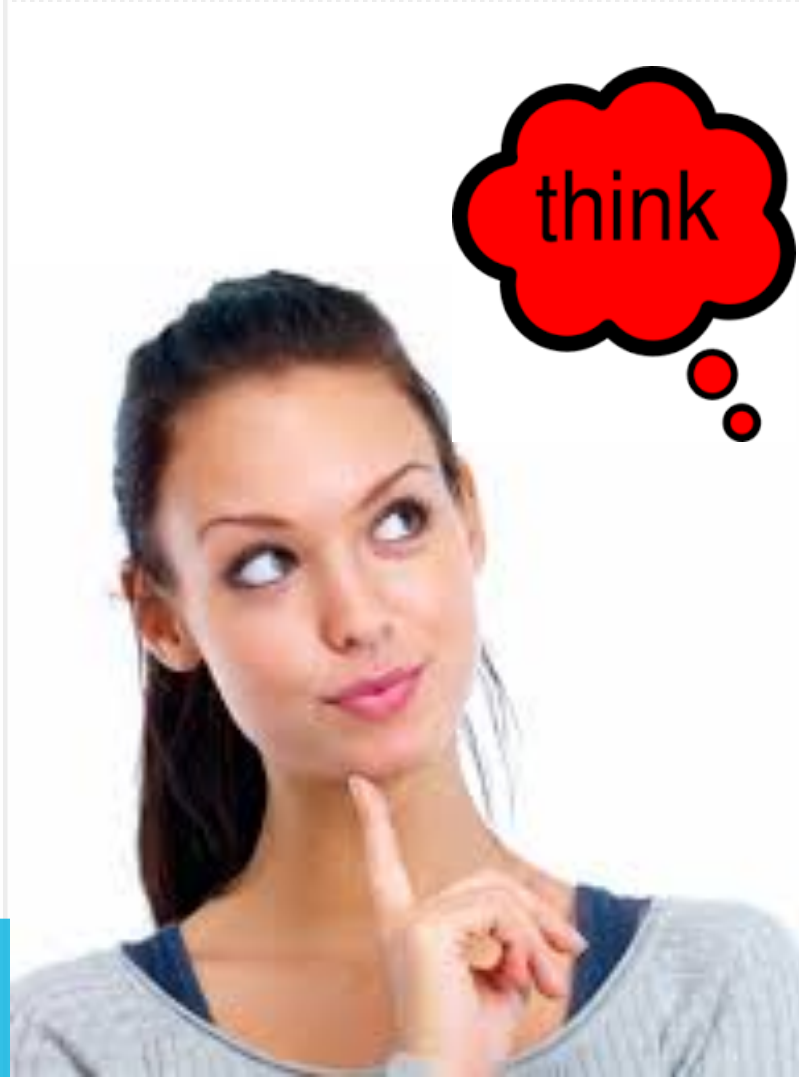


NEW SCIENCE OF STRESS



How you think about stress is what matters!

THINK




Create the biology of courage and joy

ACT:

Spiritual connection with God is as important as social connection with others in order to build stress resilience.



“Let God change the
way you
think. . . .” (Romans 12:2)





LIFESTYLE CHANGES TO SUSTAIN YOUR HEALTH

SLEEP STRATEGIES, HORMONES, EXERCISE, & DIET



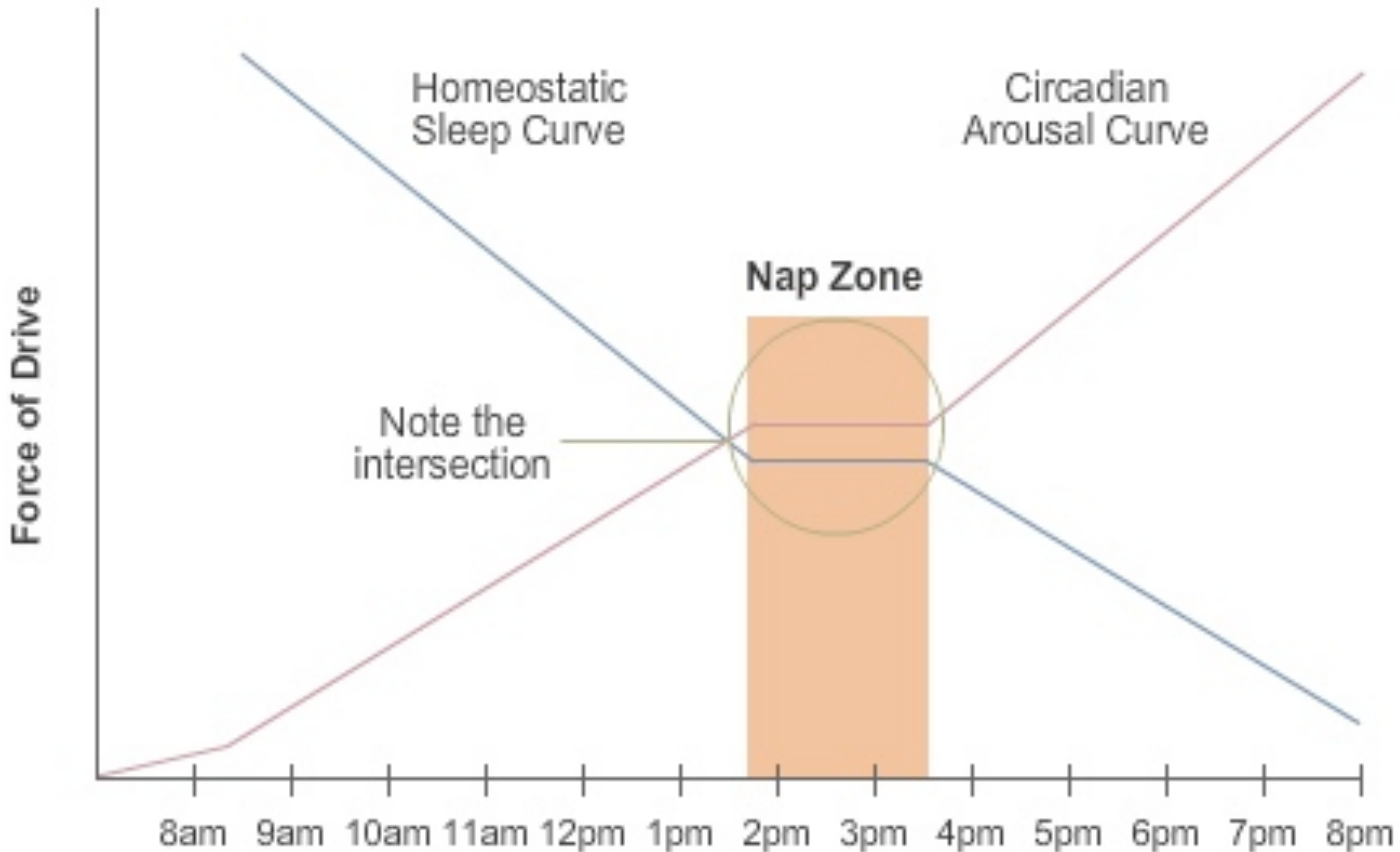
“in sleeplessness often” Apostle Paul (II Corinthians 11:27)



Overcoming Insomnia

NAP ZONE: WHERE THE CIRCADIAN AROUSAL SYSTEM CROSSES THE HOMEOSTATIC SLEEP DRIVE

(describes the nap zone) sleep force



(Medina, 2008)

Circadian Rhythm



ENVIRONMENTAL AROUSAL



SLEEP DEPRIVATION



A myriad of problems:

irritability, lack of motivation, poor performance, decrease in cognitive ability, psychosis – hallucinations, delusions, disorganized thinking, and personality changes

New mothers lose an average of **700** hours of sleep in the first year postpartum. That's equivalent to twenty-nine days and four hours without sleep!



Sleep Diary



STIMULUS-CONTROL THERAPY: BREAK THE ASSOCIATION OF BED WITH WAKEFULNESS.

Helps primary insomnia and **insomnia related to anxious thoughts.**

Strategy: Go to bed when sleepy and remain in bed ≤ 10 minutes without sleeping. If unable to sleep, get up and do something boring. Return to bed only when sleepy. A regular wake-up time must be maintained and napping must be avoided.

What NOT to do. . .



COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA

Assessment: any underlying conditions i.e. depression, anxiety, pain snoring

Sleep Diary: Set goals for minutes to sleep onset, minutes of nighttime wakefulness, # of awakenings, improve sleep efficiency to greater than 90%.

Reframe any dysfunctional beliefs about sleep. . .

Teach relaxation techniques



SLEEP HYGIENE



f.lux—Makes the color of your screen adapt to the time of day

OVER-THE-COUNTER SLEEP AIDS & PRESCRIPTION PILLS



BIBLICAL THOUGHTS ON INSOMNIA

Meditate within your heart on your bed, and be still.”

Psalm 4:4

Practice relaxation techniques including mindfulness breathing, progressive muscle relaxation, reciting memorized Scriptures, and prayer.

“I call to remembrance my song in the night; I meditate within my heart, and my spirit makes diligent search.”

Psalm 77:6

A cell phone or tablet with some ear phones can help you to listen and meditate on some quiet hymns. Reflect upon the words and allow the Holy Spirit to quiet your mind.



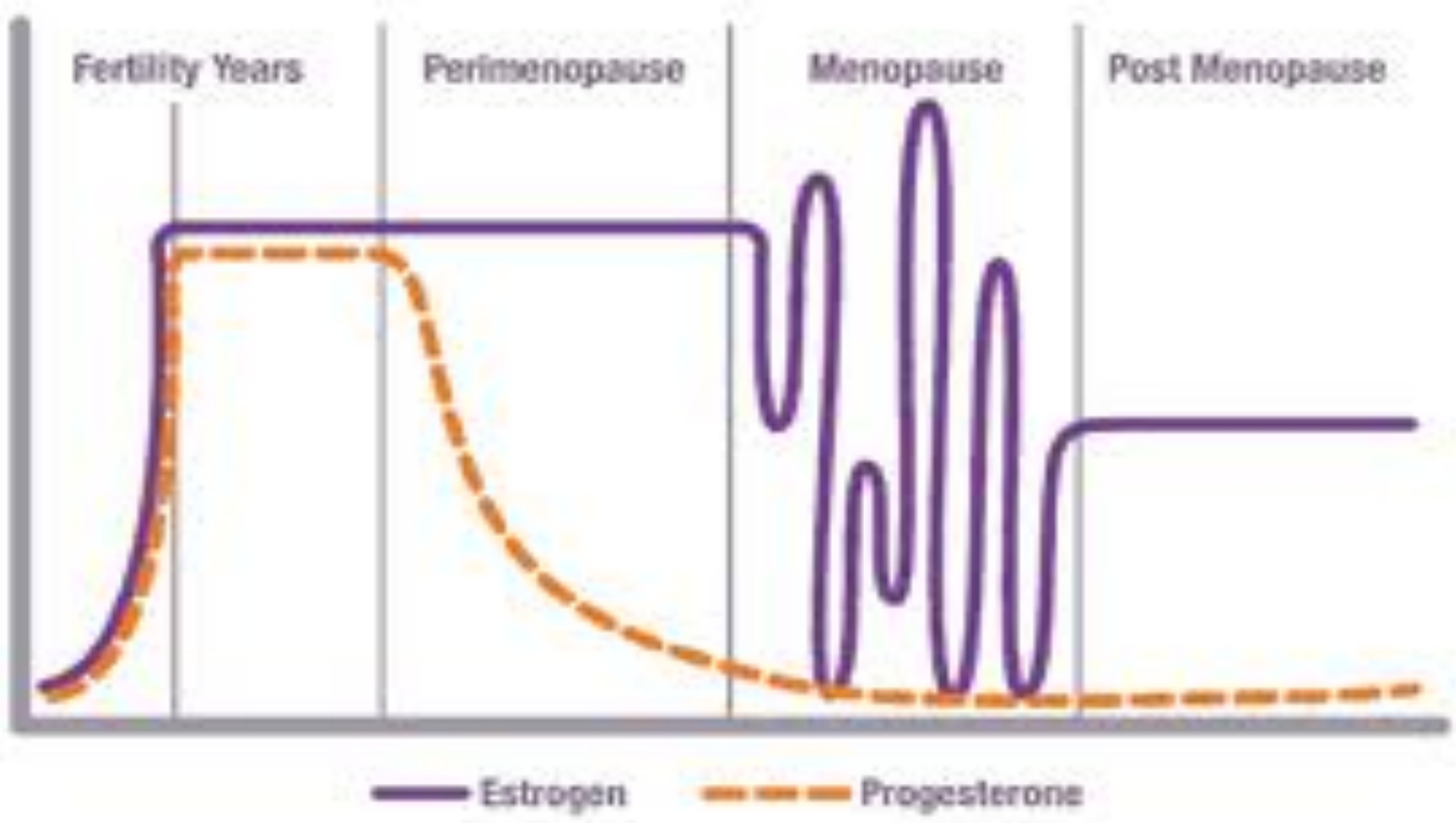
Sounds like a good cure for insomnia!

HORMONES

The fuel for health



Receptor Sites for Estrogen & Progesterone

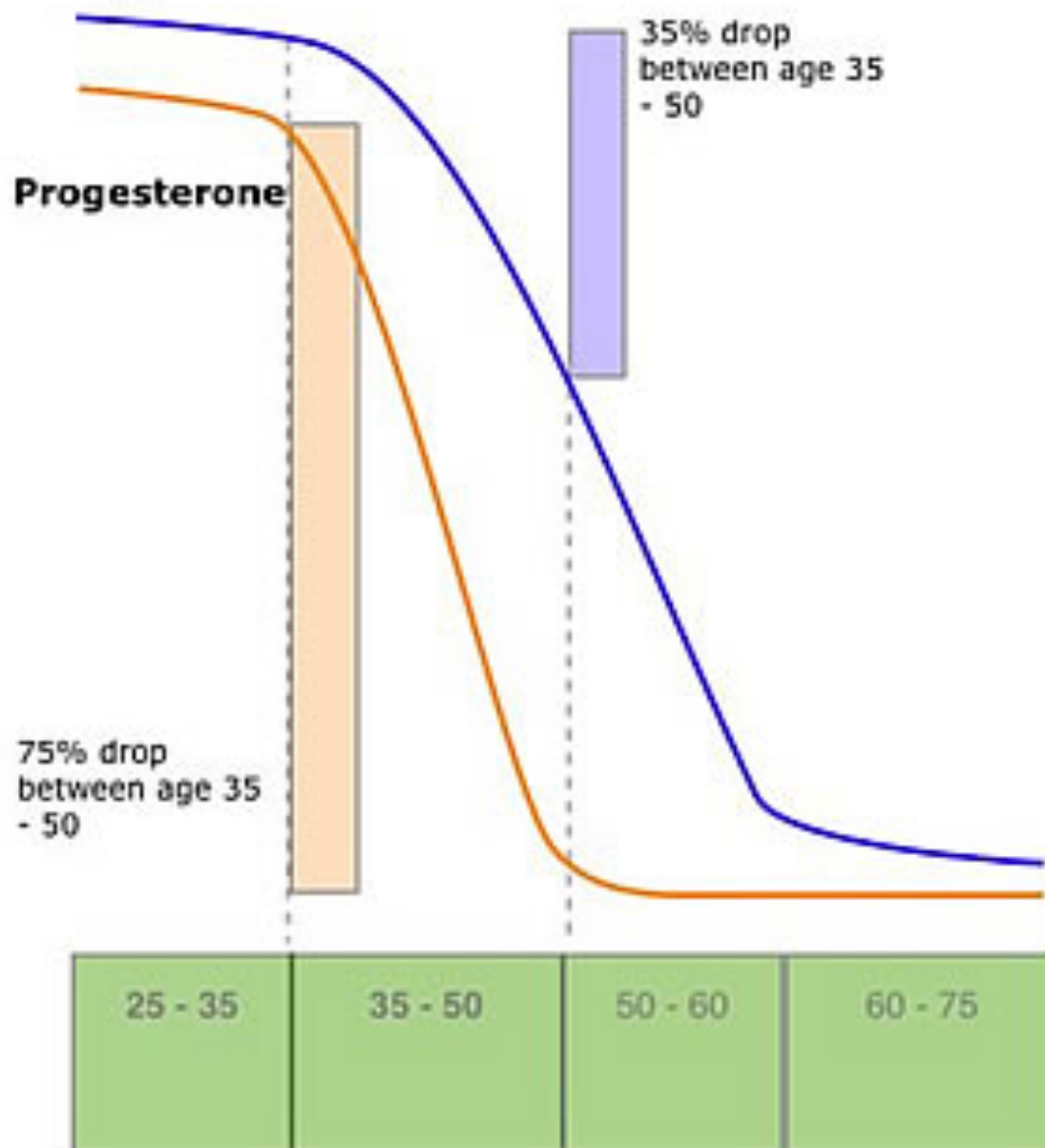


Hormones Across Your Lifespan

Estrogen Dominance

Estrogen

Progesterone



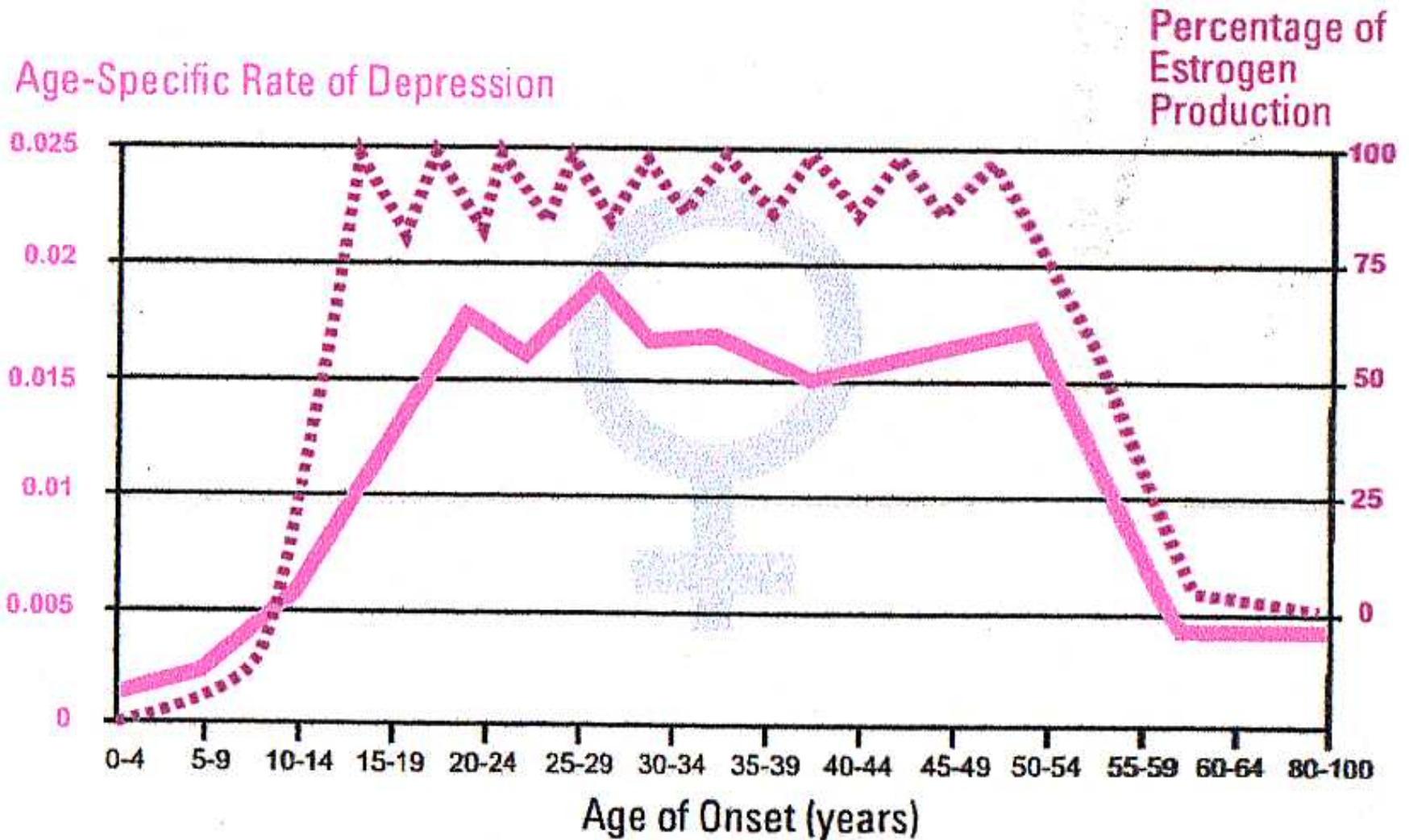
25 - 35

35 - 50

50 - 60

60 - 75

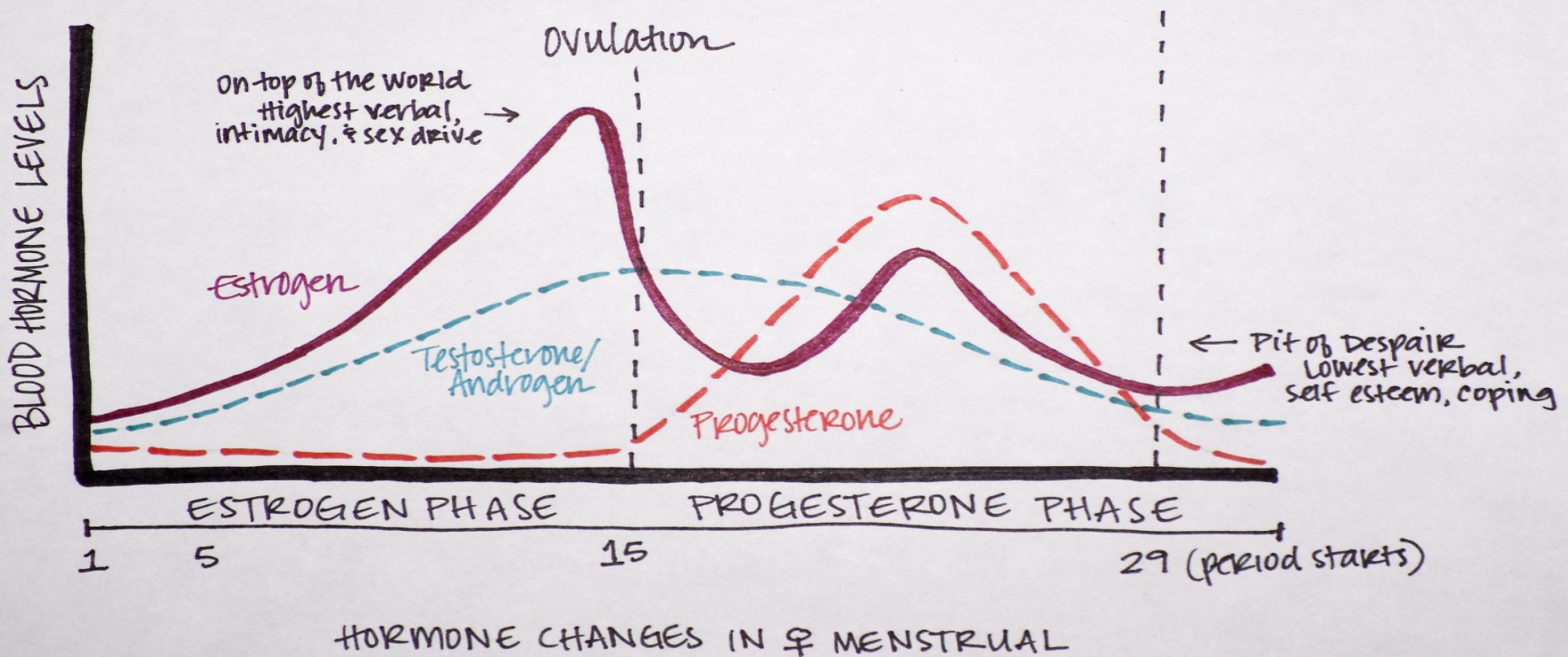
INCIDENCE OF DEPRESSION IN WOMEN



(Wise, Felker, and Stahl, 2008)

HOW HORMONES AFFECT A WOMAN'S BRAIN

THE ESTROGEN-PROGESTERONE WAVE



(Campagnoli, 2005) (Fitzpatrick, 2000)

WATERBURY'S LITTLE NERVE PILLS

A CURE FOR
NERVOUSNESS
AND
DYSPEPSIA



PMS or PMDD?

PMS & PMDD SYMPTOMS

Physical: headaches, migraines, breast tenderness, abdominal cramps, bloating, weight gain, skin changes, acne, hot flashes, diarrhea, constipation, general malaise, nausea, lack of appetite, palpitations, fatigue

Emotional: irritability, depression, tearfulness, anxiety, nervousness, mood changeability, sadness, anger, rage, hostility, oversensitivity, easily overwhelmed, “raw” feelings, tremulousness, jumpiness

Behavioral: food cravings, decreased interest in activities, work, relationships, social isolation, avoidance of activities, poor concentration, clumsiness, decreased libido, slower, muddled thinking, increase in alcohol consumption, increased food binging, perception problems

PMDD: ≥ 5 symptoms every month with $>$ one mood symptom. Confirmed by prospective daily ratings during ≥ 2 consecutive symptomatic cycles (Use Mood & Symptom Tracker)

MOMMY MOODS: MAY REPRESENT A SUBSET OF WOMEN WHO ARE MOOD SENSITIVE TO HORMONAL FLUCTUATIONS

Pregnancy—Brain flooded with neurohormones: feelings of euphoria, vigilant about safety, surroundings, nutrition

Postpartum—Mental fog: Lose 700+ hours sleep in first year = 29 days + 4 hours!

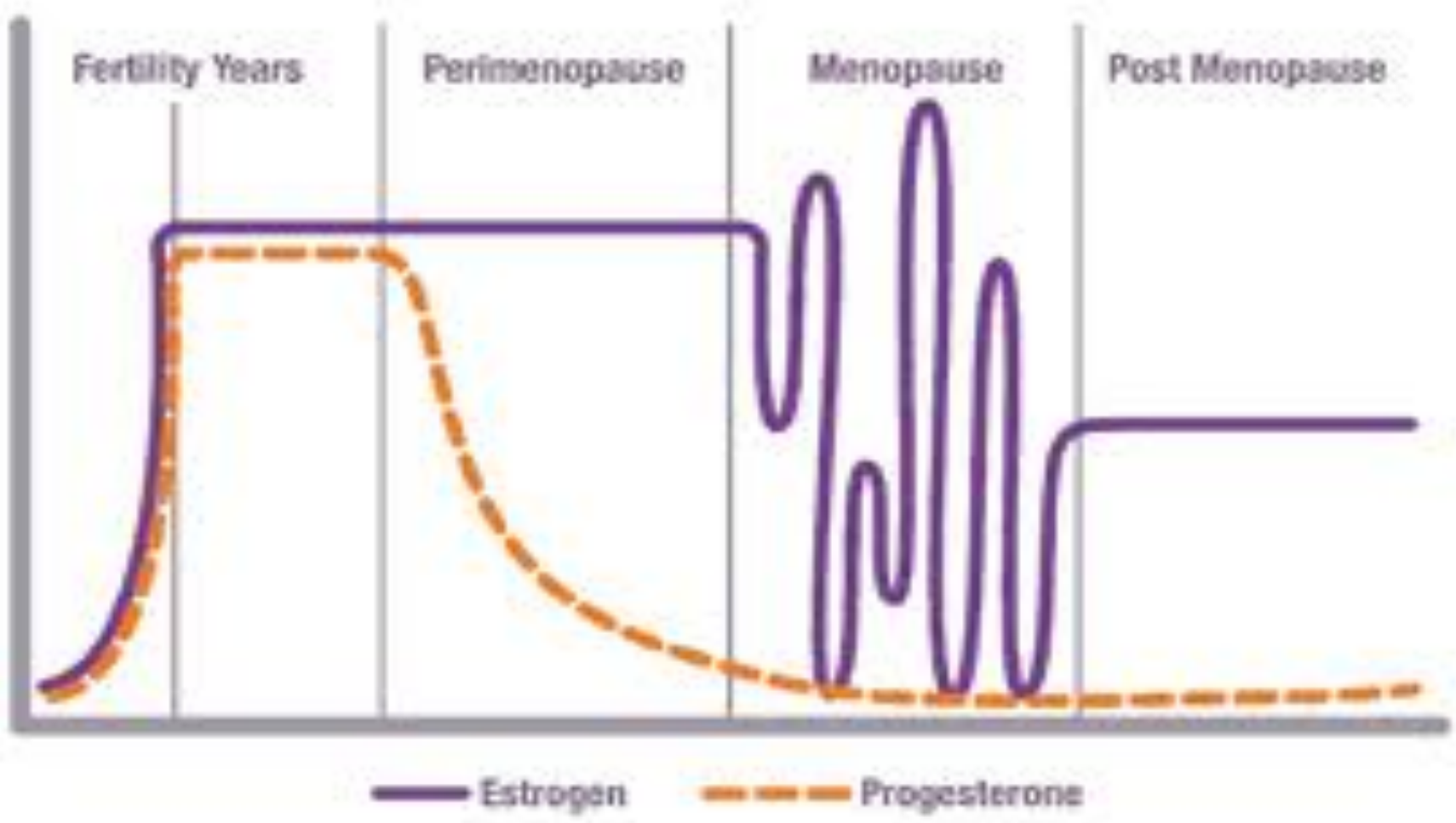
Anxious presentation: anxiety, racing thoughts, agitations, panic attacks, obsessions rather than sad/withdrawn

Baby Blues: 50-80% Self-corrects 2-4 weeks; Support

Postpartum Depression: 10-20% If symptoms > 2 weeks, get treatment (therapy, meds, or both)

Postpartum Psychosis: 1-3/1000 Occurs within 24 hours to 2-3 weeks PSYCHIATRIC EMERGENCY—hospitalize





Perimenopause/Menopause



DEPRESSION OR PERIMENOPAUSE?

Depressed Mood
Anhedonia
Worthlessness/Guilt
Agitation/Retardation
Suicidal Ideation

Low Energy
↓ Concentration
Insomnia
Weight Gain
Decreased Libido

Hot Flashes
Sweating
Vaginal Dryness

DEPRESSION

PERIMENOPAUSE

WAYS TO KNOW IF YOU HAVE ESTROGEN ISSUES

Everyone around you has an attitude problem

You're adding chocolate chips to your cheese omelet.

The dryer has shrunk every last pair of your jeans.

Your husband is suddenly agreeing to everything you say.

You're using your cellular phone to dial up every bumper sticker that says, "How's my driving? Call 1-800-xxxx"

Everyone's head looks like an invitation to batting practice!

Everyone seems to have just landed here from "outer space."

You're sure that everyone is scheming to drive you crazy.

The ibuprofen bottle is empty and you bought it yesterday.

Donna, from Emmitsburg, Maryland

HERE'S A "REAL" LIST OF SYMPTOMS ↓ ESTROGEN

Hot flashes

Night sweats

Vaginal dryness

Mood swings

Mental fuzziness

Recurrent UTIs

Incontinence

Losing track of
thoughts

Vaginal wall thinning

↓ sexual response

Vision changes

Trouble expressing
thoughts

Memory loss

↓ HDL (good cholesterol)

↓ menstrual bleeding

↓ fullness in breasts

Wrinkling of skin

HEALTH BENEFITS TO MAINTAINING ADEQUATE PROGESTERONE LEVELS

Promotes normal sleep patterns

Stimulates new bone formation

Improves the tone of our blood vessels

Helps the body use fat for energy

Acts as a natural diuretic

Acts as a natural antidepressant /antianxiety

Help restore normal libido

Prevents autoimmune diseases

Acts as a natural diuretic

Prevents endometrial and breast cancer

Helps prevent cyclical migraines

Protects against breast fibrocysts

Helps normalize blood sugar

A pharmaceutical-grade 3% progesterone cream - about 450 - 500 mg. of progesterone per ounce - is the recommended strength.



THYROID AND MOOD: RANGE FOR TSH 0.3 TO 3.0 MIU/L

Hyperthyroidism

Nervousness

Restlessness

Anxiety

Irritability

Unexplained weight loss

Shaky hands

Fast heart rate

Hypothyroidism

Mild to severe fatigue

Depression

Unexplained weight
gain

Heavier than normal
menstrual cycles

Cognitive/memory
problems

WHAT YOU NEED TO KNOW ABOUT BIO-IDENTICAL HORMONES

Misconception	Fact
Bioidentical hormones are natural.	Bioidentical refers to structure; natural refers to source.
Bioidentical hormones are custom-compounded.	Custom-compounding is one way to obtain bioidentical hormones. FDA-approved drugs are another.
Bioidentical hormones are safe hormones.	All hormones can cause side effects. A “completely safe” hormone does not exist.
Conventional/traditional hormones are synthetic hormones.	Conventional hormones may be synthetic or bioidentical. The choice of prescription depends on patient and prescriber preferences.

(Sood et al, 2011)

DEPRESSION IS NOT PART OF AGING

- 2,000,000 Americans 65+ years old suffer from some form of depression.
- **Typical Symptoms:** insomnia, anorexia, and fatigue are reported rather than a depressed mood.
- **Risk Factors:** death of a loved one, life transitions (such as retirement), social isolation and loneliness, a history of depression, chronic medical illness, being female, single, divorced or widowed, brain disease, alcohol abuse, use of certain medications, and stressful life events.
- Study in the American Journal of Geriatric Psychiatry found that **Vitamin D deficiency is associated with low mood and worse cognitive performance in older adults.**

Get advice from your healthcare provider. Don't ignore your symptoms!



EXERCISE

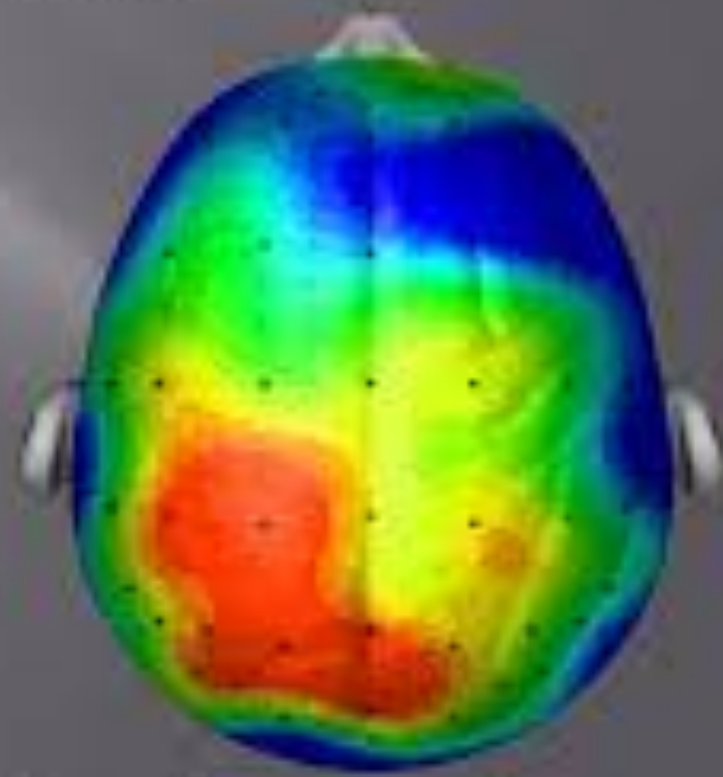
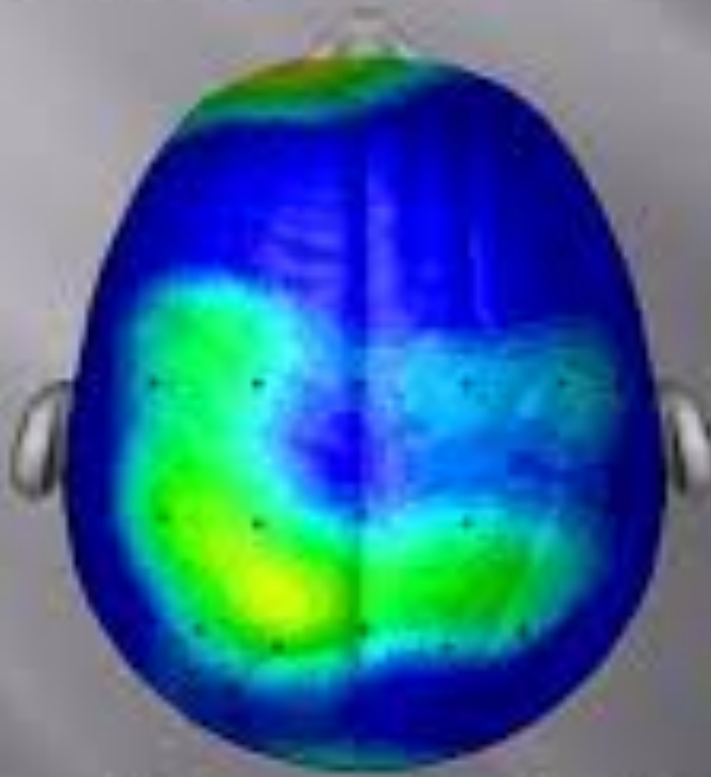
The energy for health



Increases BDNF—a kind of “Miracle-Gro” for the brain

BRAIN AFTER SITTING
QUIETLY

BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Clark Hillman University of Illinois

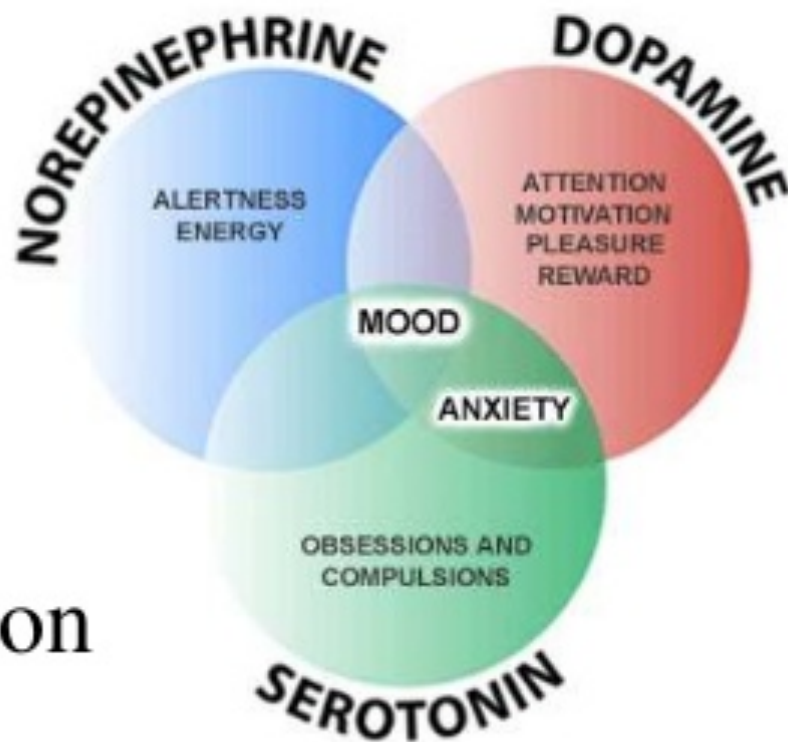
“Sitting is the new smoking.”

AEROBIC EXERCISE

Optimizes Brain Function in 3 different ways

2. Enriches the Brain Environment

- Nutrients (BDNF)
- Neurotransmitters
 - Serotonin
 - Dopamine
 - Norepinephrine
- Encode new information





Balance



Strength



Flexibility

Types of Exercise

SPIRITUAL EXERCISE: GROW YOUR FAITH MUSCLES



“Exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things.”
I Timothy 4:7-8



DIET & SUPPLEMENTS

Are you providing your brain with a strong nutritional foundation?



ESSENTIAL FATTY ACIDS

Omega-3 Essential Fatty Acids

"Omega-3 fatty acids are most important, as they bring balance to our hormones, reduce inflammation, regulate our blood sugar, prevent blood clotting, keep our cholesterol and triglycerides in balance, relax our blood vessels, and make our cells healthy and resilient.

- *The Natural Hormone Makeover* by Phyllis Kahan



flaxseeds



navy beans



pecans



cold-water salmon



walnuts



leafy greens



cold-pressed olive oil



kidney beans



winter squash

facebook.com/OasisAdvancedWellness

99% of people in the United States do not eat enough omega-3 fatty acids.



SUPPLEMENT WITH OMEGA - 3
250 - 500 mg. KRILL OIL VS. FISH OIL



*Laboratories
of Vermont*

KRILL+ WITH SUPERCritical FISH OIL & ASTAXANTHIN

*A Dietary Supplement to Support Joint & Cognitive Functions and Cardiovascular Health**

GLUTEN FREE / SOY FREE



LOW-GLYCEMIC DIET: IT MEASURES HOW MUCH OUR BLOOD GLUCOSE INCREASES AFTER EATING.

Glycemic Index vs. Glycemic Load

GI = 71 (high)

GL = 2 - 4 (low)



TRYPTOPHAN-RICH DIET

An essential amino acid that promotes serotonin and niacin production in our brain.

- **Serotonin** is critical for mood and sleep
- **Niacin (Vitamin B3)** : overall health, higher amounts improve cholesterol and lower risk of heart problems.

Domino effect—In order for tryptophan to be changed into niacin, the body needs to have enough iron, Riboflavin and Vitamin B6—a **strong case for multivitamin and mineral supplementation.**

Little evidence to show that supplementation with **L-tryptophan** really helps and supplements are linked with serious potential side effects.



Complex carbohydrates help your brain use tryptophan for serotonin production.
Eat tryptophan-rich foods with whole grains or starchy vegetables.

MEDITERRANEAN DIET: THE FOUNDATION FOR BOTH BRAIN & HEART HEALTH

Anti-inflammatory : May help prevent or manage depression

Rich in omega-3 fatty acids and antioxidants

Emphasizes: fresh, colorful fruits and vegetables with most meals, beans and legumes, whole grains, and monounsaturated fats such as olive oil and red wine. This diet is low in processed foods and saturated fat.

Encourages: Eating with loved ones.





MEDICAL-GRADE MULTIVITAMIN/ MINERAL

Vitamins & minerals are the co-factors for EVERY biochemical process in the body

inci®

*Laboratories
of Vermont*

SPECTRA™ WOMAN

A Multiple Vitamin/Mineral Supplement for Women

& Grape Seed Extract and GLA from Evening Primrose Oil

VITAMIN B-12: COMBAT LOW ENERGY, MENTAL FATIGUE, MOOD CHANGES, AND SLEEP DIFFICULTIES

Low levels prevalent in > 60 years old

Plays a key role in the production of melatonin, sleep hormone.

Essential in converting carbohydrates to glucose—our body's fuel.

Enables our body to convert fatty acids into energy.

Most multivitamins are **a complete waste of money** when it comes to their **Vitamin B12 quality**.—1/3 of 1% is absorbed!



A better alternative is to take Vitamin B12 separately as a pre-metered non-aerosol spray which is rapidly absorbed from your mouth.

VITAMIN D—AFFECTS MORE THAN 200 GENES IN THE BODY

Low vitamin D level: osteoporosis, depression, heart disease and stroke, cancer, diabetes, parathyroid problems, immune function, weight loss.

Risk for deficiency: > 65, insufficient sunlight, breastfeeding, dark skin, malabsorption disease, BMI >30, Medications-anti-seizure, mood stabilizers, neuropathic pain, glucocorticoids-prednisone, hydrocortisone, liver and kidney disease.

Vitamin D



Adequate for bone and overall health

≥ 50 nmol/L or ≥ 20 ng/mL



THE GUT/BRAIN AXIS: HOW CURING THE GUT CAN CHANGE YOUR LIFE

Beneficial intestinal microorganisms :

- play an important role in conditions such as obesity, diabetes, metabolic syndrome.
- decrease systemic inflammation
- support a healthy immune system
- balance neurotransmitters
- promote healthy detoxification of hormone metabolites (the end products of hormones that have been broken down by the liver).

Probiotics: add good bacteria—lactobacillus and bifidobacterium

Prebiotics: plant fiber that nourishes the good bacteria already in the large bowel or colon—oligofructose and inulin

Refrigerate your probiotic supplement!

BONE LOSS PREVENTION

Contributing Factors:: Poor nutrition, lack of sunlight, ↓ vitamin D, ↑ caffeine intake, ↓ exercise, inflammation, acid-forming diet, medications, *chronic stress*, digestive disorders, hormonal imbalances.

Medical-grade multivitamin/mineral specially formulated for bone health

Taking high doses of calcium without additional key bone nutrients such as vitamin K can actually increase problems with arterial calcification or “hardening of the arteries.”

Rotterdam Study: 4,800 people **Vitamin K2** 50% ↓ risk of calcification of arteries

Framingham Heart Study : **Vitamin K1** had 3-fold ↓ hip fracture

Higher rates of diagnosed osteoporosis among older women with major mood disorders



“A merry heart does good, like medicine, But a broken spirit dries the bones.” Proverbs 17:22



TAKE HOME MESSAGE:
RESTART YOUR BODY BY:

addressing your sleep and hormone issues, find an exercise routine that you enjoy and stick with it, and take out some “dietary insurance” by providing your body with a strong nutritional foundation of diet and supplements



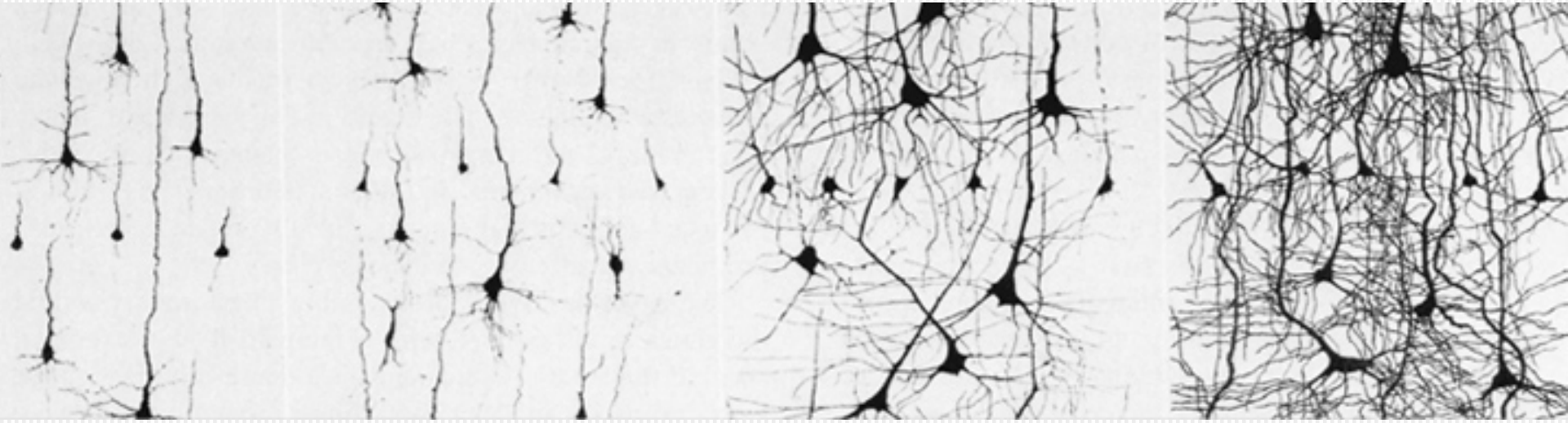
HOPE & HAPPINESS:

THE SPIRITUAL FOUNDATION TO HEALTH

“Happy is he who has the God of Jacob for his help, Whose hope is in the Lord his God,” (Psalm 146:5).



NEUROPLASTICITY: “NEURONS THAT FIRE TOGETHER, WIRE TOGETHER.” (DONALD HEBB, PHD)



“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (II Timothy 1:7)

THE SOLUTION TO HOPELESSNESS: INTIMACY WITH GOD, INTIMACY WITH OTHERS, AND SELF-WORTH.

“Now may the God of hope (source) fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” (Romans 15:13)

The Bible gives us the solution to the hopelessness that cripples many who suffer from depression. Three basic needs:

Jesus summarized it this way: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. This is the first commandment. The second is this: you shall love your neighbor as yourself” (Mark 12:29-31).

Intimacy with God: Love God with all your heart, soul, mind, and strength

Intimacy with Others: Love your neighbor

Self-Worth: Love yourself



INTIMACY WITH GOD

God loves you and wants to have a relationship with you.

Jeremiah 29:11

Sin has separated us from God.

Isaiah 64:6;

Romans 3:10

God provided the way to re-establish intimacy with Him.

Romans 5:6,8

We need to accept His free gift of salvation. Only then can we experience true intimacy with God and experience His hope.

Ephesians 2:13



INTIMACY WITH OTHERS

Women are hard-wired by God for relationships with others.

“Oil and perfume rejoice the heart; so does the sweetness of a friend’s counsel that comes from the heart.” Proverbs 27:9 AMP

Remember: Women’s brain circuits fueled by estrogen to respond to stress by creating protective social networks & nurturing behaviors

Three strategies to build intimacy with others:

- a. Get rid of grudges daily
- b. Spend time every day getting more intimate with your spouse, children, other close family members. Seek to quickly resolve family conflicts.
- c. Develop one or two close friends to enjoy social activities and share intimate concerns together.



TRUE SELF-WORTH

Who I am in Christ **NOT** Self-Actualization

“Having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of **His grace**, by which He made us **accepted in the Beloved.**”

Ephesians 1:5-6

Whatever baggage we're carrying, God has accepted us **unconditionally** and wants to “conform us to the image of His Son (the Lord Jesus Christ)” (Romans 8:29).

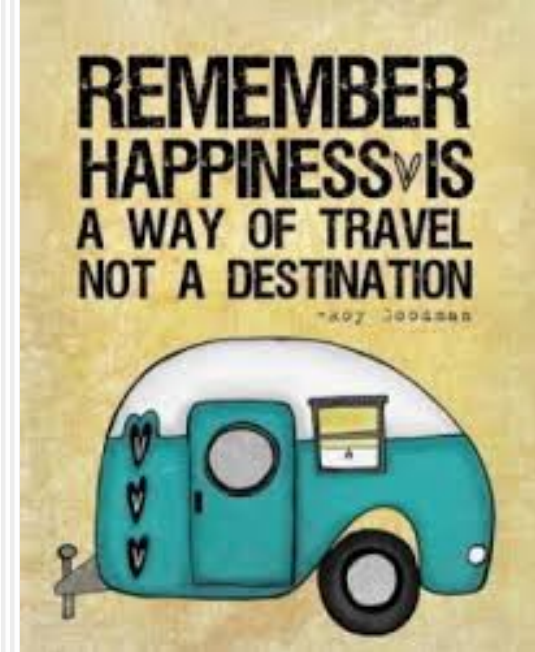


HAPPINESS: BY CHOICE, NOT BY CHANCE

Definition: (Princeton University) Happiness involves emotions ranging from **contentment** to **intense joy**. The Bible adds that **“godliness with contentment is great gain”** (1 Timothy 6:6).

4 out of 10 Americans have not discovered a satisfying life purpose.

Experiencing **happiness as a goal-driven motivator** rather than pursuing it as the end-point is when **happiness crosses over into joy**.



Contentment-----> Intense joy



ISLAND OF CYPRUS

makarios.—"The happy isle"



SCIENTIFIC BENEFITS TO HAPPINESS

Stronger, more intimate friendships.

More likely to be in satisfying romantic relationships.

Better functioning immune system.

Sleep better.

More creative.

More altruistic and generous.

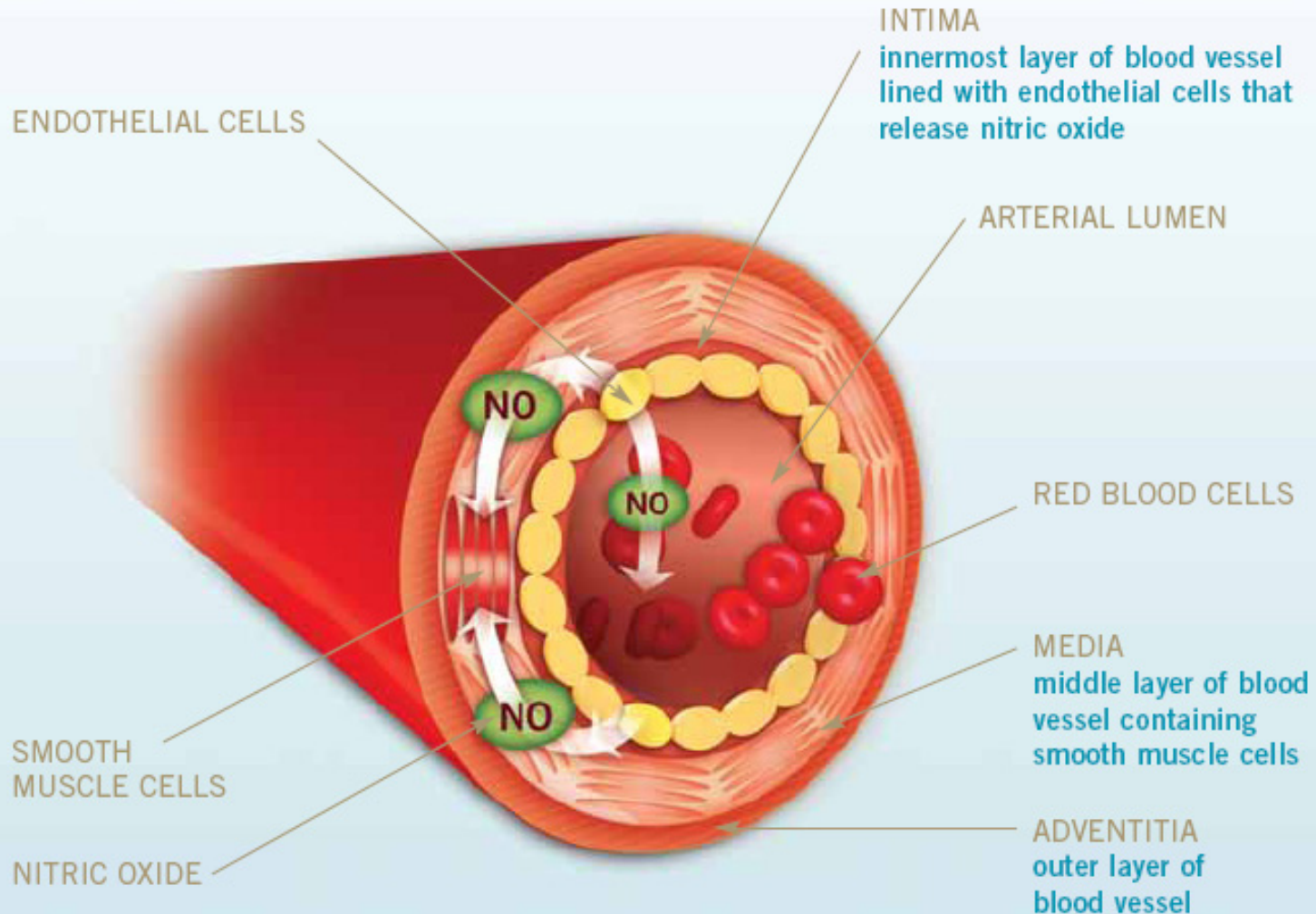
Viewed positively by other people.

However.. .

Quantity and quality of sleep, loneliness, and even making the pursuit of happiness our primary objective in life can negatively impact happiness.

HAPPINESS IMPACTS OUR PHYSICAL HEALTH

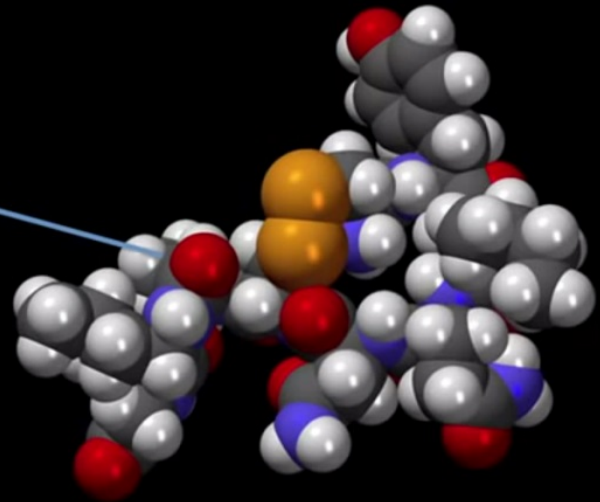
Production of Nitric Oxide (NO) in Arteries



HAPPINESS & OXYTOCIN



oxytocin

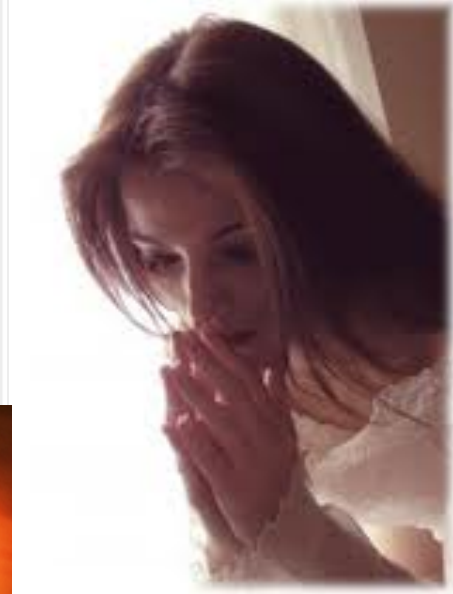
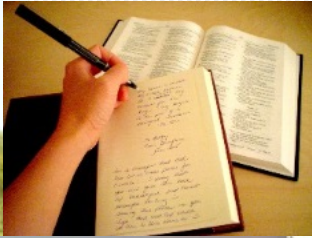


THE DEADLY “D’s: DISAPPOINTMENT, DISCOURAGEMENT, & DEPRESSION

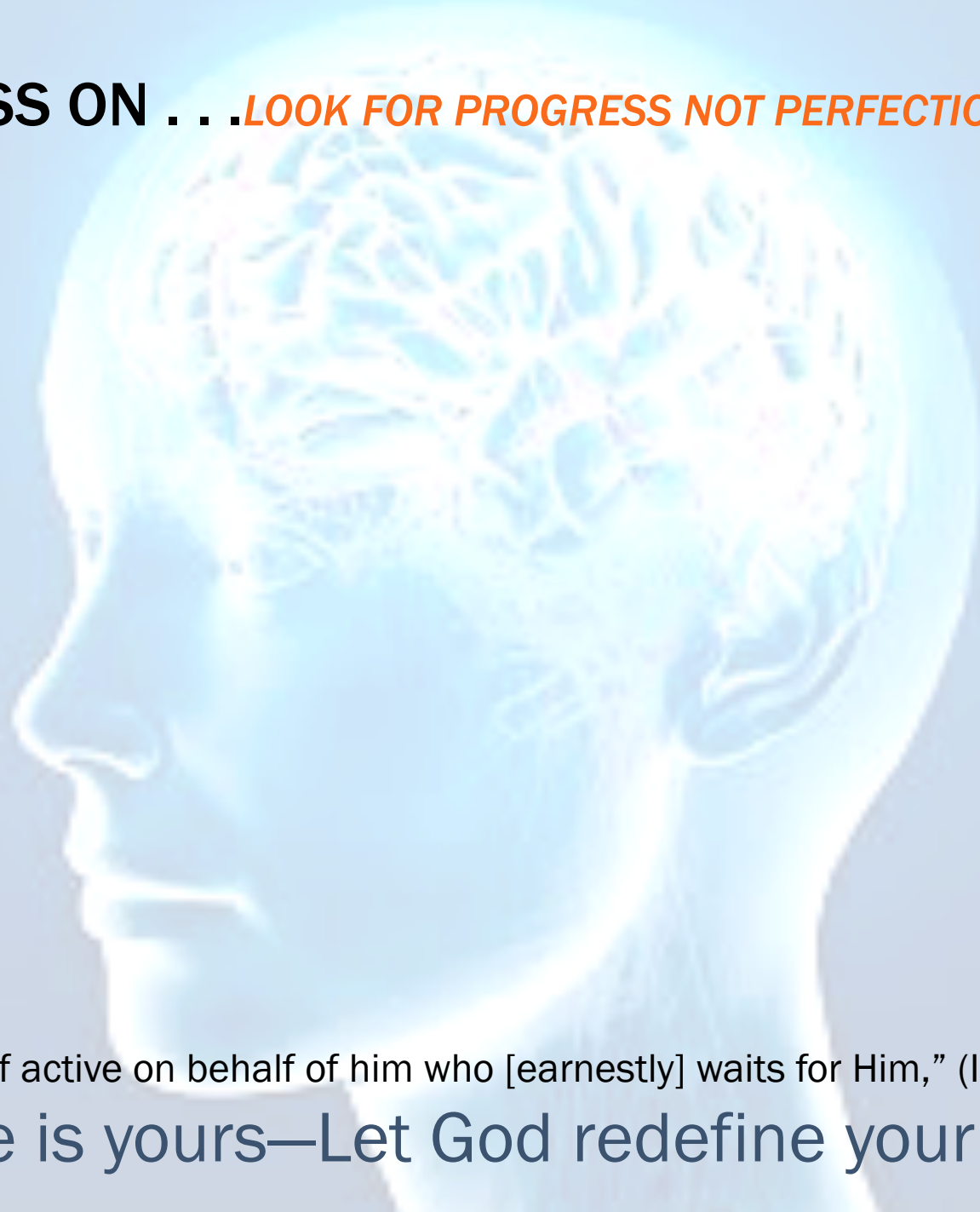


“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” (Matthew 6:34 TLB).

HAPPINESS IS A SKILL



PRESS ON . . . *LOOK FOR PROGRESS NOT PERFECTION*



God “shows Himself active on behalf of him who [earnestly] waits for Him,” (Isaiah 64:4).

The choice is yours—Let God redefine your mind!