

God Chose YOU for Purpose

Mental Health

Locate Christian counseling centers near campus and get to know your school counselor.

Share your accomplishments with those you love and recognize God's provision in your life.

Call and send cards with encouraging messages to those who are lonely or depressed.

Celebrate the end of a stressful week with a three-minute dance off or other activity.

Find a prayer partner and include prayer to address stress, anxiety, and emotional struggles.

Invite speakers to discuss mental illness to your class or congregation.

Post a list of ways to deal positively with stress and anxiety.

Lead a Bible study on depression or anxiety.

Create positive habits like taking walks and include others in person or through phone calls.

Take time for breaks with friends.

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest on me."
2 Corinthians 12:9



#LifeWeek2022

