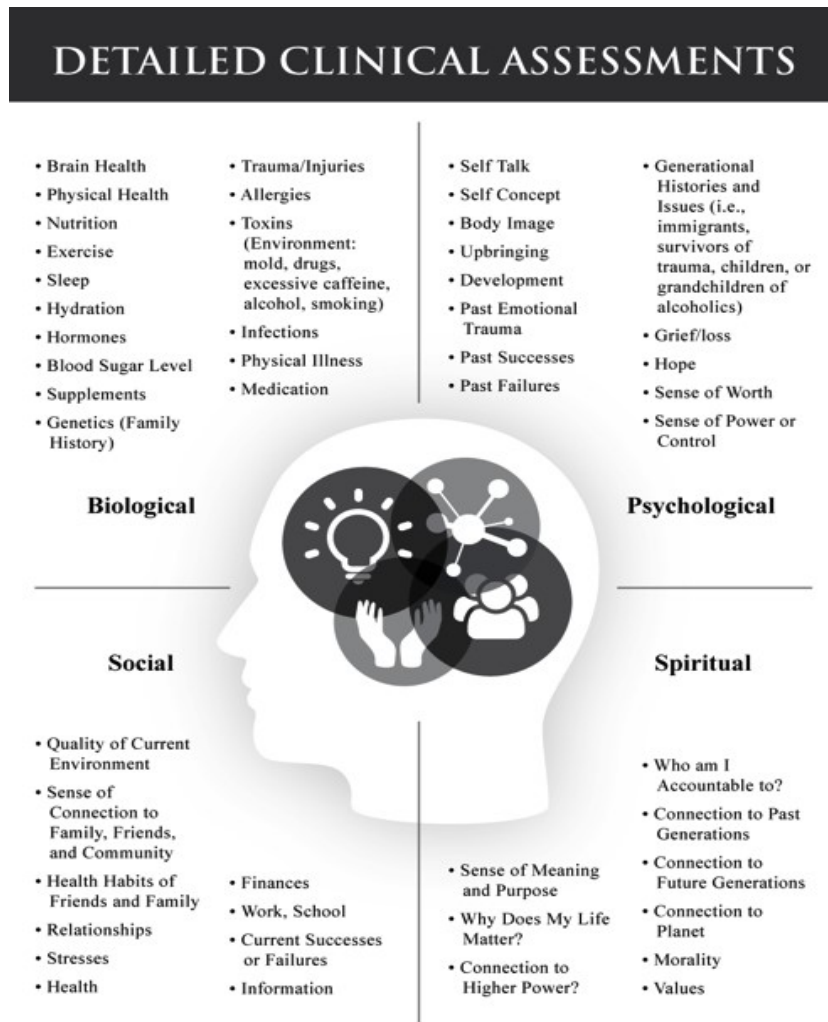


# HOPE DEALERS

## MENTAL HEALTH AWARENESS

May 1, 2016

1. Open in prayer.
2. Why did Dr. Amen say he became a psychiatrist?
3. Dr. Amen explained the four circles of conditions that influence mental health and how they relate to understanding mental illness. Discuss what you learned from this.



4. Dr. Amen taught us a concept he calls ANTs (Automatic Negative Thoughts).
  - a. How have negative thoughts impacted your life?
  - b. Discuss the following Dr. Amen statements:
    - "If our thinking patterns are excessively negative, harsh, or critical, it releases chemicals in the brain that will have a negative impact on our moods, anxiety levels, and ultimately on our ability to focus."
    - "Don't always believe your thoughts."
  - c. Read Philippians 4:6-8.
5. All of life is worship, therefore commit to brain health and help those you love do the same by embracing the four circles. As a group, discuss how you can promote mental health in your day-to-day life.
6. Close in prayer.