

shalom mental health and wellness

Shalom Mental Health and Wellness: Finding Peace in Your Mind, Body, and Spirit

Are you feeling overwhelmed, stressed, or just plain...off? In today's fast-paced world, prioritizing mental and emotional well-being can feel like a luxury, but it's actually a necessity. This comprehensive guide explores the concept of "Shalom Mental Health and Wellness," delving into what it means to cultivate peace and balance in your life, drawing upon holistic approaches that address the interconnectedness of mind, body, and spirit. We'll uncover practical strategies and resources to help you embark on your journey towards a more peaceful and fulfilling existence. This isn't just about managing symptoms; it's about fostering a genuine sense of shalom – a deep, abiding peace – within yourself.

Understanding Shalom: More Than Just the Absence of Stress

The Hebrew word "Shalom" transcends a simple "hello" or "goodbye." It encompasses a profound sense of wholeness, completeness, and well-being – a state of peace that permeates all aspects of life. Shalom mental health and wellness, therefore, isn't just about the absence of mental illness; it's about actively cultivating a life rich in purpose, connection, and inner harmony. It's about finding balance between the demands of daily life and the need for self-care, fostering resilience, and developing a strong sense of self-worth.

Pillars of Shalom Mental Health and Wellness: A Holistic Approach

Achieving shalom in mental health requires a holistic approach that considers the interconnectedness of your physical, emotional, and spiritual well-being. Let's explore key pillars:

1. **Mindful Living:** Incorporating mindfulness practices, such as meditation and deep breathing exercises, can significantly reduce stress and anxiety. These practices help you become more aware of your thoughts and feelings without judgment, allowing you to respond to challenges with greater clarity and composure. Even short daily mindfulness sessions can make a profound difference.
1. **Physical Well-being:** Your physical health directly impacts your mental state. Regular exercise, a balanced diet rich in nutrients, and sufficient sleep are crucial for maintaining optimal mental health. Neglecting your physical well-being can exacerbate existing mental health challenges or even contribute to new ones.

1. **Emotional Regulation:** Learning to identify and manage your emotions is a vital component of shalom mental health and wellness. This involves developing healthy coping mechanisms for stress, sadness, and anger. Therapy, journaling, or engaging in creative pursuits can be effective tools for emotional regulation.
1. **Social Connection:** Humans are social creatures. Strong social connections provide support, belonging, and a sense of community, all essential for mental well-being. Nurturing relationships with family, friends, and community members can significantly improve your overall sense of shalom.
1. **Spiritual Growth:** For many, spiritual practices play a vital role in fostering inner peace and meaning. This could involve prayer, meditation, spending time in nature, engaging in acts of service, or connecting with a faith community. Finding a spiritual path that resonates with you can enhance your sense of purpose and connection to something larger than yourself.

Practical Steps Towards Shalom: Making it a Reality

Achieving shalom mental health and wellness isn't a destination; it's a journey. Here are some practical steps you can take:

Set Realistic Goals: Don't try to overhaul your life overnight. Start with small, achievable goals, like incorporating a 10-minute meditation session into your daily routine or scheduling a weekly walk in nature.

Seek Professional Help: Don't hesitate to seek professional help from a therapist, counselor, or psychiatrist if you're struggling with your mental health. They can provide guidance, support, and evidence-based treatments tailored to your specific needs.

Prioritize Self-Care: Make self-care a non-negotiable part of your daily routine. This could involve anything that helps you relax and recharge, such as taking a warm bath, reading a book, listening to music, or spending time with loved ones.

Practice Gratitude: Focusing on the positive aspects of your life can significantly improve your overall mood and outlook. Keep a gratitude journal or simply take a few moments each day to appreciate the good things in your life.

Forgive Yourself and Others: Holding onto resentment and anger can be incredibly damaging to your mental health. Practicing forgiveness, both of yourself and others, can free you from the burden of negative emotions and promote inner peace.

Finding Your Path to Shalom: Resources and Support

Numerous resources are available to support your journey towards shalom mental health and wellness. These include:

Mental health apps: Many apps offer guided meditations, mindfulness exercises, and tools for tracking your mood and progress.

Online support groups: Connecting with others who share similar experiences can provide valuable support and encouragement.

Therapy and counseling: Professional mental health services offer evidence-based treatments for a wide range of mental health conditions.

Community resources: Many communities offer mental health support services, including workshops, classes, and support groups.

Conclusion: Embracing the Journey to Shalom

Cultivating shalom mental health and wellness is a lifelong journey, not a destination. It's about embracing the process of self-discovery, learning to manage stress, and fostering a deeper connection with yourself and the world around you. By incorporating the strategies and resources outlined in this guide, you can begin to build a life filled with peace, purpose, and genuine well-being. Remember, seeking support is a sign of strength, not weakness. Embrace the journey, celebrate your progress, and know that you are not alone.

FAQs:

1. What if I don't feel any immediate results from practicing mindfulness? Mindfulness is a skill that develops over time. Be patient and consistent with your practice. Even small, regular sessions can have a cumulative effect.
1. How can I find a therapist or counselor who's a good fit for me? Many online directories list therapists and counselors in your area, often allowing you to filter by specialization and insurance. You can also ask your primary care physician for referrals.
1. Is it okay to seek help for my mental health even if I don't have a diagnosed condition? Absolutely! Preventative mental health care is just as important as physical healthcare. Therapy can help you develop coping mechanisms and build resilience, even if you're not experiencing significant distress.
1. How can I incorporate self-care into a busy schedule? Schedule self-care activities into your calendar just like any other important appointment. Even 15 minutes a day dedicated to self-care can make a difference.
1. What if I relapse after making progress in my mental health journey? Relapses are a common

part of recovery. Don't get discouraged. Reach out to your support system, your therapist, or other resources to help you navigate the setback and get back on track.

shalom mental health and wellness: Health, Healing, and Shalom Bryant L. Myers, Erin Dufault-Hunter, Isaac B. Voss, 2015-11-17 Ever since Jesus's proclamation in word and deed as the Great Physician, his followers in mission have assumed that salvation and health are intertwined. Yet for every age, Christians need to examine how they can best announce the gospel message of God's healing in word and deed in their own context. In our era, we are often simultaneously grateful for modern medicine and frustrated by its inability to care for the whole person in effective, affordable ways. In this edited volume, authors with an interest in health missions from a wide variety of experiences and disciplines examine health and healing through the theological lens of shalom. This word, often translated "peace," names a much more complex understanding of human well-being as right relationships with one another, with God, and with creation. Reading various aspects of healthcare missions through these glasses not only yields much-needed correctives to current practice but also exposes the Spirit's invitation to participate in God's ongoing work of tending, caring, and healing our broken world.

shalom mental health and wellness: Unleashing Peace Jeremiah J. Johnston, 2021-12-07 Here's a powerful, biblical antidote to despair!--LEE STROBEL, New York Times bestselling author God's peace, his shalom, can penetrate every aspect of your life--spiritually, mentally, physically, and emotionally. Although the word shalom appears 550 times in the Scriptures and was a constant theme in Jesus' teachings, it is a neglected topic today. As a result, God's peace has been elusive to so many followers of Jesus. This book charts a course of shalom for you! As Greg Laurie writes in the foreword, since we are made in God's image, you could say we have been prewired for happiness. We are prewired for hope. We are prewired for peace. If you are longing for healing and wholeness, noted Bible scholar Jeremiah J. Johnston will help you discover how to · Unleash shalom in your life · Live and apply shalom in God's world · Protect your shalom in difficult times This uplifting book is also helpful for ministry leaders and everyone else who recognizes the church's incredible opportunity today to help individuals and families dealing with anxiety, worry, and mental pain. Let this be your guide into the peace that passes all understanding. Shalom! This is more than surviving; we are offered the gift of truly flourishing.--SHEILA WALSH, author of Holding On When You Want to Let Go In this reassuring meditation on Christian happiness... Johnston's mix of scholarly and uplifting notes will speak to solace seekers and their ministry leaders alike.--PUBLISHERS WEEKLY

shalom mental health and wellness: Behind Closed Doors Jessica L. Peck, 2022-10-18 Believe it or not, your kids WANT to talk to you about the social and health challenges they're facing. But are you ready? Jessica Peck, a pediatric nurse practitioner and mom of four, helps parents escape the secrecy and shame surrounding tough conversations and approach them from a Christian foundation. Today's teens are feeling more isolated, anxious, and depressed than previous generations, and are struggling with more complex challenges. Jessica Peck (DNP, APRN) has spent countless hours advising and encouraging parents after talking to their teens behind closed doors. In the privacy of her exam room, she has treated teens with mental illnesses, responded to suicide attempts, treated self-harm wounds as well as the emotional trauma of cyberbullying, sexting, pornography addictions, and numerous other issues. Through it all, Jessica found that teens really want to talk to their parents but don't know how. Jessica seeks to move the private conversations that happen in the clinic to relationship-building conversations at home. Behind Closed Doors is a guided lifeline to help you strengthen your connection with your kids. You will be able to: Get professional advice on tough teenage issues from a medical perspective, as well as the true stories of patients Discover suggested settings, activities, and question prompts to give you conversation keys

to unlock doors for open dialogue on tough issues with your teens Share a time of reflection with devotional readings, relevant Bible verses, Scripture-based prayers, themed music playlists, and more Prompts to write 12 Legacy Letters: a generational keepsake for teens Covering topics including mental health, social media, suicide, sexting, gender identity, substance abuse (with a chapter focusing on vaping), and more, Jessica Peck's book will encourage and strengthen all parents—married, single, or divorced; grandparents, stepparents, godparents, bonus parents, adopted parents—anyone who is serving a parental role in a teen's life.

shalom mental health and wellness: *Christian Paths to Health and Wellness* Peter Walters, John Byl, 2021 Christian Paths to Health and Wellness, Third Edition, is a faith-based text that helps students explore and apply key concepts of holistic health and wellness. A new web study guide assists students in retaining and using what they learn.

shalom mental health and wellness: *Health, Healing and the Church's Mission* Willard M. Swartley, 2012-07-19 Does the Christian community have the resources to develop a coherent response to today's health care challenges? In a comprehensive survey covering the full scope of the Bible and three millennia of Christian belief and practice, Willard Swartley fleshes out the central place of health care in the church's mission.

shalom mental health and wellness: Destined to Reign Devotional Joseph Prince, 2009-05 Joseph Prince shares 365 dynamic devotions revealing that you can reign over every adversity, lack, and destructive habit limiting you from experiencing the success, wholeness, and victory you are destined to enjoy.

shalom mental health and wellness: *Be A Mensch* , 2008 Character development requires time, energy and commitment. Why bother? Learn from the authors of Be a Mensch; Rabbi Dr. Abraham J. Twerski, MD. Menschlichkeit is the key to happiness. Howard Jonas. Good character is good business Professor Robert J. Aumann, PHD. Game Theory proves that good character builds stable, positive relationships Yakir Kaufman, MD. Good character traits are the key to good health, Rabbi Dovid Gottlieb, PHD. Character development is essential to tapping our maximum potential. Judith Mishell, PhD. Good character leads to greater happiness and self-esteem. Editor Moshe Kaplan, MD, has assembled people who have achieved society's most wanted list of financial and professional goals, and they are telling us that the most important achievement in life is character development. Let this book change your life!

shalom mental health and wellness: Rural Crime Prevention Alistair Harkness, 2020-04-30 Rural crime has long been overlooked in the field of crime prevention. Sustained academic interrogation is necessary, therefore, to reduce the extensive economic and social costs of rural crime as well as to challenge some of the myths regarding the prevention of rural crime. Rural Crime Prevention: Theory, Tactics and Techniques critically analyses, challenges, considers and assesses a suite of crime prevention initiatives across an array of international contexts. This book recognises the diversity and distinct features of rural places and the ways that these elements impact on rates, experiences and responses. Crucially, Rural Crime Prevention also incorporates non-academic voices which are embedded throughout the book, linking theory and scholarship with practice. Proactive responses to rural offending based on sound evidence can serve to facilitate feelings of safety and security throughout communities, enhance individual wellbeing and alleviate pressure on the overburdened and typically under-resourced formal elements of the criminal justice system. This book provides an opportunity to focus on the prevention of crime in regional, rural and remote parts of the globe. An accessible and compelling read, this book will appeal to students and scholars of criminology, policing, sociology and practitioners interested in learning about the best-practice international approaches to rural crime prevention in the twenty-first century.

shalom mental health and wellness: Happiness and Wellness Floriana Irtelli, Fabio Gabrielli, 2023-03-15 This book is a collection of chapters on happiness and well-being. It includes contributions from scientists from all over the world, who present different, multifaceted, dialectically open perspectives and sensitivities regarding happiness. The authors discuss happiness and well-being from biological, biopsychosocial, anthropological, and philosophical points of view.

shalom mental health and wellness: *Wellness Counseling* Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

shalom mental health and wellness: *Shalom: God's Ultimate Purpose for the World* Dae-Young Lee, 2021-06-23 What is our preconception about Muslims? Do we continue to practice medical missions in a way that is no longer considered an effective means of presenting the gospel to the unreached? Is our gospel message biblically balanced and firmly contextualized in the context that we try to serve? There are numerous questions that we may ask ourselves when we desire to share God's love with people who are still alienated from it. Christian cross-cultural missions should reconsider the strategies and attitudes that no longer reflect biblical principles. This book brings a lot of insightful thoughts and suggestions from the author's medical ministry experience in the Arab world to those who want to reach out to the unreached. The theology of shalom enables us to deeply understand God's ultimate purpose toward the world that he created and to devote our lives to bring people to his kingdom in the humble way that Jesus has presented throughout his life on earth when he was with us. This book demonstrates how Christian medical missions can be manifested in a more biblical way and can serve people who have been physically injured and emotionally broken more effectively.

shalom mental health and wellness: *Modern Psychotherapies* Stanton L. Jones, Richard E. Butman, 2012-12-05 Stanton Jones and Richard Butman present an updated edition of their comprehensive appraisal of modern psychotherapies. With new chapters on preventative intervention strategies and the person of the Christian psychotherapist, *Modern Psychotherapies* remains an indispensable tool for therapists and students.

shalom mental health and wellness: *What Would You Do If You Weren't Afraid?* Michal Oshman, 2021-05-04 Discover the secrets to a fearless, meaningful life, found in the wisdom of Jewish scripture. Today, more than ever, we act out of fear. We fear change, rejection, failure, and suffering. But what if we could find a way to live that challenges conventional Western psychology and looks to the future instead of picking over the past? What if we could replace our fear with purpose, and discover our potential for growth instead of focusing on our limits? *What Would You Do If You Weren't Afraid?* draws on a wide range of chassidus (Jewish principles) to offer a new philosophy for life. With its uplifting belief that you already have all the ingredients within and around you to lead a joyous life, this ebook will help you to reconnect with your courage and move forward freely, without fear.

shalom mental health and wellness: *Bedlam* Kenneth Paul Rosenberg, 2019-10-01 A psychiatrist and award-winning documentarian sheds light on the mental-health-care crisis in the United States. When Dr. Kenneth Rosenberg trained as a psychiatrist in the late 1980s, the state mental hospitals, which had reached peak occupancy in the 1950s, were being closed at an alarming rate, with many patients having nowhere to go. There has never been a more important time for this

conversation, as one in five adults--40 million Americans--experiences mental illness each year. Today, the largest mental institution in the United States is the Los Angeles County Jail, and the last refuge for many of the 20,000 mentally ill people living on the streets of Los Angeles is L.A. County Hospital. There, Dr. Rosenberg begins his chronicle of what it means to be mentally ill in America today, integrating his own moving story of how the system failed his sister, Merle, who had schizophrenia. As he says, I have come to see that my family's tragedy, my family's shame, is America's great secret. Dr. Rosenberg gives readers an inside look at the historical, political, and economic forces that have resulted in the greatest social crisis of the twenty-first century. The culmination of a seven-year inquiry, *Bedlam* is not only a rallying cry for change, but also a guidebook for how we move forward with care and compassion, with resources that have never before been compiled, including legal advice, practical solutions for parents and loved ones, help finding community support, and information on therapeutic options.

shalom mental health and wellness: Faith and Health Lynda W. Miller, 2020-02-17 This book is a response to a need. Christian nurses, in a wide range of settings, perform their work based on beliefs drawn from their faith, but until now they've had no specifically Christian theoretical foundation to help them. Nurses working in the emerging field of Parish Nursing in particular need a framework that helps them explicitly link the tenets of faith and concepts of health in their practice, education, and research. Nurses of other faiths may also find the framework useful in seeing a way to relate their own beliefs and values to their nursing. In the book's Introduction the author tells why she devoted her doctoral research to theory development and how she went about doing that. The body of the book describes her nursing conceptual framework in depth, yet in an informal reader friendly style. The concluding chapter answers the question Now what? and helps readers make practical applications in their everyday lives. The four major components of the Faith and Health Framework are presented in detail: Person/Parishioner, Health/Shalom-Wholeness, Nurse/Parish Nurse, and Community/Parish, with the integrating component The Triune God. Described under each component are two organizing concepts, which in turn contain other key concepts, such as: mission, ministry, compassion, competence and communion. Various perspectives on the Framework are depicted in several full-color stained glass figures and in an inspirational poem written by the author. There are extensive bibliographic references and quotations from The Holy Bible, throughout, plus Appendices of relevant materials and resources.

shalom mental health and wellness: My Mental Health Matter: Beginnings Merisha Meisha, 2021-10-01 This book forms part of First People Mental Health Wellness Blog. This book has been written as a memorial to God and in memory of the Late John Stephen Ugo Ehikwe. Who was born on 2nd October in the United Kingdom and died by suicide on the 17th of June at New Cross Railway Station, London.

shalom mental health and wellness: What Do You Say? William Stixrud, PhD, Ned Johnson, 2022-08-16 A guide to effectively communicating with teenagers by the bestselling authors of *The Self-Driven Child* If you're a parent, you've had a moment--maybe many of them--when you've thought, How did that conversation go so badly? At some point after the sixth grade, the same kid who asked why non-stop at age four suddenly stops talking to you. And the conversations that you wish you could have--ones fueled by your desire to see your kid not just safe and healthy, but passionately engaged--suddenly feel nearly impossible to execute. The good news is that effective communication can be cultivated, learned, and taught. And as you get better at this, so will your kids. William Stixrud, Ph.D., and Ned Johnson have 60 years combined experience talking to kids one-on-one, and the most common question they get when out speaking to parents and educators is: What do you say? While many adults understand the importance and power of the philosophies behind the books that dominate the parenting bestseller list, parents are often left wondering how to put those concepts into action. In *What Do You Say?*, Johnson and Stixrud show how to engage in respectful and effective dialogue, beginning with defining and demonstrating the basic principles of listening and speaking. Then they show new ways to handle specific, thorny topics of the sort that usually end in parent/kid standoffs: delivering constructive feedback to kids; discussing boundaries

around technology; explaining sleep and their brains; the anxiety of current events; and family problem-solving. *What Do You Say?* is a manual and map that will immediately transform parents' ability to navigate complex terrain and train their minds and hearts to communicate ever more successfully.

shalom mental health and wellness: *Getting Good at Getting Older* Richard Siegel, Laura Geller, 2019 A tour for all of us of a certain age through the resources and skills to navigate the years between maturity and old age, told with warmth, humor, and more than 4,000 years of Jewish experience to the question of how to shape this new stage of life--

shalom mental health and wellness: *Young, Gifted, and Black* Sheila Wise Rowe, 2022-02-15 Giving voice to the real-life stories of Black millennials and younger adults, Sheila Wise Rowe goes beyond their struggles to point towards hope, joy, and healing. Drawing on years of counseling trauma and abuse survivors, Wise Rowe provides stories, reflections, and tools for Black readers of all ages as they journey toward healing from the barriers affecting them, their children, and their communities.

shalom mental health and wellness: *Bright Hope* Ted Brackman, 2022-11-04 Hope is not an attitude--it's a way of life. Therapist Ted Brackman, a colleague of Jim Wallis in the early Sojourners community, mines psychological, theological, and sociological insights in this practical and compassionate guide for living well while ill. Ted's work was deepened by his eleven years with pancreatic cancer (after a nine-month prognosis). He developed and lived out a way of life animated by hope in the transcendent reality of God's future coming to us in the present. In his writing, he is an honest, inspiring companion: - for those who struggle to face the next hour with courage and strength. - for those who feel defeated and need a new way forward that reframes the present. - for caregivers and advocates who need new tools for replenishing both internal and external resources. - for communities of faith seeking to bring change to, and empowering hope within, marginalized populations. For all those ready to find a new way of living when false hopes and distractions are stripped away, to learn how to build a foundation for personal, communal, and social thriving . . . Ted Brackman offers Bright Hope.

shalom mental health and wellness: *Defying the Verdict* Charita Cole Brown, 2018 Against doctors' predictions, Charita Cole Brown has been able to manage her bipolar disorder for more than twenty-five years.

shalom mental health and wellness: *Monkey Mind* Daniel Smith, 2013-06-11 Shares the author's personal experiences with anxiety, describing its painful coherence and absurdities while sharing the stories of other sufferers to illustrate anxiety's intellectual history and influence.

shalom mental health and wellness: *Wellness for the Glory of God* John Dunlop, 2014 This book encourages older Christians to embrace aging as a gift from God, incorporating the physical, mental, social, financial, spiritual, and emotional aspects of a person's life into a holistic definition of wellness.

shalom mental health and wellness: *Ethics in Psychology and the Mental Health Professions* Gerald P. Koocher, Patricia Keith-Spiegel, 2016 Revised edition of the authors' *Ethics in psychology and the mental health professions*, 2008.

shalom mental health and wellness: *Healing Church* Abigail Rian Evans, 2000-01-07 What role can churches and religious organizations play in health care today? Abigail Rian Evans answers this question and others in this valuable guide to practical programs for health ministries. Beginning with a survey of the history of health ministry in the church, Evans demonstrates that what is needed is not to invent health ministries, but to recapture the spirit of the church as a health institution, both spiritual and physical. She then goes on to show what practical programs exist in the world today, and why these programs are important for the church to embrace and develop. Comprehensive in scope, this is an important resource for any individual or institution looking to develop or enhance a health ministry program.

shalom mental health and wellness: *Handbook of Torah and Mental Health* David H. Rosmarin, PhD, ABPP, Rabbi Saul Haimoff, PsyD , 2019-12-19 The present volume includes a brief

collection of Torah sources on Cognitive behavioral therapy Dialectical behavior therapy General psychotherapy Anxiety, obsessions, compulsions, and depression Parenting Mental health and well-being

shalom mental health and wellness: Tools for Strengths-Based Assessment and Evaluation Catherine A. Simmons, Peter Lehmann, 2012-11-08 Print+CourseSmart

shalom mental health and wellness: Manifesting Peace James S. Anderson, 2019-02-19
'Peace, peace' they say, but there is no peace! Today, as in the days of the prophet Ezekiel, peace is elusive. Stress, strife, and worries drain our abilities when we need them most. Here are twelve principles to cultivate peace in your life. An essential ingredient of physical and mental health, peace does not fall from the sky. Blessed are the peacemakers! means that peace is made. Peace takes work and effort. Each chapter offers tangible ways to nurture peace in your everyday life. Inputs from psychology, counseling theory, and wisdom from world religions are followed by prayer and meditation exercises to come closer to God, forgive others, and discern what to do in a particular situation. Try them! Find out which ones work best for you. Peace brings healing, wholeness, and balance.

shalom mental health and wellness: Finishing Well to the Glory of God John Dunlop, MD, 2011-02-04 Most people want to finish life well, yet so few take the time necessary to carefully think through what that entails. Some say it means contentment, happiness, and freedom from pain. Many desire to simply maintain their dignity and enjoy their family and loved ones. These are reasonable goals; yet, there is a more profound, uniquely Christian approach to the end of life. John Dunlop, a medical doctor who has practiced for over thirty years and specializes in geriatrics, combines his medical expertise, firsthand experience with patients, and firm commitment to Scripture to propose nine strategies for finishing life well. He shows how with proper physical, emotional, and spiritual preparation, aging and death need not be a fight to the finish but a purposeful resting in the arms of the Savior. Theologically robust and practically relevant, this book will prove to be a sensitive and helpful resource for anyone facing end-of-life issues.

shalom mental health and wellness: The Addictocarb Diet Bruce Roseman, 2015-07-07
There's a reason diets don't work. Science has shown that a class of carbohydrates, called "Addictocarbs, light up the brain's pleasure centers and make it almost impossible to moderate eating. If you're struggling to lose weight, counting calories and shrinking portions are not the answer. The answer lies in how your brain reacts when you eat certain foods—foods that directly stimulate the addiction center of the brain, causing irresistible cravings. But there's a way to overcome this addiction. It's called The Addictocarb Diet, and it's a cure—not a fad. After losing his father at an early age to obesity-related illness and a lifetime of struggling with his own weight and diabetes as a result, Bruce Roseman, M.D., transformed his life and the lives of close to a thousand of his patients with a simple and effective diet based on the latest findings in addiction neuroscience. The Addictocarb Diet: Avoid the 9 Highly Addictive Carbs While Eating Anything Else You Want explains that obesity stems from our addiction to these nine carbs, proven by new brain imaging techniques from the emerging field of addiction neuroscience. Once dieters accept the addiction—and treat it like such—losing weight and keeping it off is almost effortless. After reframing the way we look at cravings for unhealthful food, Dr. Roseman presents readers with a comprehensive, three-step diet: Shaking the Addiction, Addictocarb Rehab, and finally, Staying Slim. On the The Addictocarb Diet, you can eat many healthy, flavorful things, including fruits, nuts, vegetables, cheese, fish, chicken, beef, and even Addictocarb Alternatives, foods that look and taste like Addictocarbs but are much healthier. Unlike the trendy, throwaway fad diets, The Addictocarb Diet improves your overall health and can be beneficial for almost anyone, including those with gluten or lactose sensitivities, vegetarians, those with prostate problems, diabetes, and other ailments, and even those just looking to just get rid of that spare tire. The Addictocarb Diet gives you tools for success, containing tips for how to handle dietary lapses, how to navigate fast food challenges, managing or avoiding diabetes, as well as answers to frequently asked questions from hundreds of patient inquiries. You'll also find sample recipes from Dr. Roseman and his patients,

suggested menus, along with the helpful Addictocarb Diet Self-Assessment Tool. Losing weight doesn't have to be a losing battle. It's time to overcome your addiction to foods. The Addictocarb Diet is here.

shalom mental health and wellness: T.O.P. the Olive Press Melveena D. Edwards Ph.D., 2015-03-30 THE PROCESS FOR DIVINE PURPOSE... Are you experiencing a press out of measure propelled by life circumstances, emotional wounds, heartache, levels of pain, human sufferings, or stemming from your gifts, and divine call? Do you understand the will of God for your life as it relates to the divine process, your purpose, and destiny? Whether you are afflicted from the cost of the endowment bestowed upon you by God, or from the sheer anointing upon your life, it is for your empowerment, comfort, consolation, and salvation. T.O.P. — The Olive Press imparts helping interventions for God's people in a hurting world experiencing pain, pressures, sufferings, or distresses, by turning these elements into power. A highly inspirational memoir by author Melveena D. Edwards who exposes intricate levels of her personal life, feelings, pain, pressures, and sufferings endured. T.O.P. offers hope, healing, encouragement, and empowerment through Biblical counsel by delving into areas of life truths. Based on the premise of Biblical principles, and the "Word of God," Dr. Edwards proclaims that this book will illuminate thinking as she parallels the life of an olive with the anointing power—and asserts that no matter the cost for the anointing, you will reap divine benefits. After reading this book individuals will understand and gain knowledge regarding: • Typology of the olive and olive oil as it relates to the anointing • Godly principles that will facilitate heighten empowerment for the believer or minister • Dimensions of healing, health, wellness, and wholeness

shalom mental health and wellness: Spiritual Health John W. Fisher, 2010 As spirituality first appeared in Australian curriculum documents in 1994, it was important to establish how educators thought it related to student well-being. In this research a description and four accounts of spirituality - spiritual rationalism, monism, dualism, and multidimensional unity - were developed from available literature. The literature also revealed four sets of relationships important to spiritual well-being. These were the relationships of a person with themselves, others, environment, and Transcendent Other.

shalom mental health and wellness: Journal of Rehabilitation Research and Development , 2007

shalom mental health and wellness: Ethan's Healthy Mind Express Emily Lane Waszak, Erik Bean, 2020-05-07 The Healthy Mind Express is the First Children's Mental Health Primer. It was created to take readers on a journey that will promote better mental health. Its lessons teach us how to accept Atypicals in our culture and embrace meeting their needs. Atypicals are the fastest growing demographic within the U.S. educational system. Come aboard Engine 403 with Rena, Evan, Leah, Jesse, Hannah, Josh and Max who struggle with various mental health challenges as they travel through the social spheres of influence including family, faith, friends, school and community. The book also provides tips to avoid the dark web and areas of the Internet that can lead to isolation or danger. With Ethan's Engine 403 Express guiding the way, the journey takes them safely to their final destination, a world where they are encouraged to keep moving positively forward without looking back because it's not just the train, it's really the track. The book contains 19 brilliantly photographed handcrafted paper illustrations. All proceeds support the Ethan Bean Mental Wellness Foundation, a Michigan 501(c)3 Nonprofit.

shalom mental health and wellness: Good Is the Flesh , A collection of articles and essays providing background, theology, and nuts-and-bolts on parish health ministry from a Christian perspective.

shalom mental health and wellness: Breaking Free from Demonic Forces Julia Shalom Jordan, 2011-11 JULIA JORDAN has taken her personal experience of demonic possession and developed a 'how to' guide for helping people that are in search of clearing their lives from demonic entities. She shares her personal story and equips the reader with Bible-backed advice for what worked for her complete deliverance. She is not a demonologist or exorcist. Julia was possessed with

demons for an estimated fifteen years. She feels her years of suffering were a 'school in and of themselves.' She believes demonic possession is more common than America would like to admit. Her passion is to demystify and destroy this denial (along with the shroud of secrecy and shame that go with it.) Facing the facts and dealing with the reality of this worldwide issue can be the very thing that will motivate people to get the proper assistance and to help others. When life becomes hopeless and riddled with fear, there is no shame in searching for help. There is only complete despair when you do not receive it, and a life without hope is not a life spent wisely. Spiritual wellness is just as important as physical wellness, because a person is more than just a physical body. The human body contains the 'heart' of a person - the spirit and the soul. When the three elements of what make us human (spirit, soul and body) work together in harmony with God, that is a victorious life! Julia aspires that all people who are suffering from forces that seem too big for them to handle, simply turn to God and His practical instructions from the Bible for guidance. She prays that with this book, many will see that the answers to life's 'impossible' situations have a solution. For with God, anything is possible! Julia Jordan was born in Chicago, Illinois. She attended Northern Illinois University for two years, and is a licensed esthetician in Illinois. She currently enjoys assisting her husband with his wellness business: www.FearlessFitnessLTD.com, and enjoys speaking to teens about the hidden dangers of the occult.

shalom mental health and wellness: *Handbook on Ethical Issues in Aging* Tanya F. Johnson, 1999-06-30 Johnson addresses ethical issues in aging in a variety of contexts—the social cultural environment, physical health care, mental health care, social health care, legal care, and spiritual care. Because long-term aging has created a new generation of older adults, some new issues are emerging which need to be addressed from an ethical perspective—elder abuse, physician assisted suicide, dementia, intergenerational equity, guardianship, and living wills. A wide range of experts including physicians, philosophers, lawyers, social workers, nurses, sociologists, public health persons, theologians, historians, and ethicists share their insights on the ethical issues and dilemmas older adults in American society are facing or are likely to face over the life course. Of interest to undergraduate and graduate faculty and students in sociology, social work and social services practitioners, policymakers, and academic and professional libraries.

shalom mental health and wellness: *Dial It Down* Judith Kimball OTR/L FAOTA, 2021-08-18 Trauma is perhaps the defining feature of our time. Millions of Americans have recently experienced trauma through their work as military servicemembers, first responders, and frontline medical workers. Millions more have faced unprecedented levels of loss and traumatic stress due to the COVID-19 pandemic. But very little has been written that directly speaks to these trauma survivors, offering proven daily strategies and hope for reclaiming a sense of safety, connectedness, and self. *Dial It Down* offers innovative yet simple ways for readers to understand and recover from post-traumatic stress. It is also an invaluable resource for the practitioners who treat these individuals. Dr. Judith Kimball draws on the latest scientific research and on her years of experience working with trauma survivors to reveal that while trauma is often seen purely as a mental health issue, it also leads to physical changes in how the brain reacts to stimuli from the environment, creating a bias toward a fight-or-flight response. This fight-or-flight hyperarousal is important for staying alive during trauma, but it can persist when the trauma is over, severely limiting the ability to participate fully in life, including in relationships with family and friends. The book includes client histories to demonstrate the often-subtle effects of trauma. An Iraq War veteran who'd become hyper-alert to things out of place as signs of danger is ashamed to find himself suddenly losing it with his children over cluttered toys when he returns home. A nurse, after months of working on a COVID-19 ward, finds herself being strongly startled by noises at home such as beeping household appliances that had never bothered her before. Countless husbands and wives face unexpected issues with physical intimacy after trauma, as fight-or-flight hyperarousal can change patterns of sexual response and lead to misunderstandings, self-doubt, and a heightened sense of isolation. Along with each of these stories and many more, Dr. Kimball offers inspiring examples and strategies for personal transformation. *Dial It Down* will reshape how individuals understand their

responses to life after trauma, and will provide the tools needed to heal. The book offers proven methods for assessing fight-or-flight hyperarousal, and for designing self-treatment programs using common activities--some as brief as 5 minutes--with specific tips to fit them into busy lives and increase their effectiveness. As people suffering from traumatic stress regain a sense of control over their own daily responses, they will also regain a sense of connectedness to others. Dial It Down offers new ways of talking about experiences, empowering individuals to take steps toward repairing the intimate relationships that often suffer most in the aftermath of trauma. Dial it Down shows that post-traumatic healing and growth are possible, for individuals, families, and communities.

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shalom mental health and wellness: Pandemic, Public Health, and the People of God Melody Maxwell, 2023-04-12 What does public health have to do with Christianity? How should Christians and churches in Atlantic Canada and beyond respond to crises such as the COVID-19 pandemic? In this first volume of East Coast Theology, the faculty of Acadia Divinity College reflect biblically and theologically on these questions. Dr. Robert Strang, chief medical officer of health for Nova Scotia, offers his insights as well. This book provides church members and leaders with theological foundations and practical ideas for ministering through health care. As a result, we hope that followers of Christ will be at the forefront of efforts for relief and healing on Canada's East Coast both today and in the future. As people called by God to care for others, our vision should be nothing less than this.

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