

thrive

living resilient and renewed.



What is Thrive?

Thrive is designed to help anyone have great mental health recovery, which means having mental health strength, recovery, and resilience from any mental health difficulty or disorder. This workbook will help to deal with:

1. *Depression, anxiety, and panic.*
2. *Racing and negative thoughts ... suicidal.*
3. *Mood stability (irritability, highs and lows).*
4. *Addictive habits.*
5. *Sleep and eating problems.*
6. *Relationships and isolation.*
7. *Disappointing church life and Christian faith.*
8. *Feeling life is hopeless and purposeless.*

Thrive will guide you through the process to have better:

1. **Stress Reduction** – *Developing effective stress-management.*
2. **Healthy Thoughts** – *Overcome racing and negative thoughts.*
3. **Relief of Suffering** – *Reduce the pain from depression, anxiety, addiction, and other negative challenges.*
4. **Healthy Living** – *New balanced lifestyle, easy and affordable.*
5. **Community Life** – *Create safe and authentic relationships.*
6. **Life Purpose** – *Regain hope and a sense of personal purpose.*
7. **Love of God** – *Faith with a sense of true rest, love, and grace.*
8. **Life Renewal** – *Resilient strength and a confident outlook.*

Mental illness recovery and hope?

Mental illness is ...

“Genetic or circumstantial factors causing a disruption in the brain affecting a person’s thoughts, moods, behaviors, and relationships. The severity of symptoms requires professional treatment, whole health (holistic) care, and life-giving community support.”

Mental illness affects the brain, which in turn affects your / their whole life ... physically, mentally, spiritually, and relationally. As you learn about mental illness and how it affects someone’s life, it is good to remember the balance between having a mental health disorder vs. the diagnosis becoming a personal full identity.

Friend ... you are not the illness or disorder. Mental illness is part of the journey and God is not intimidated by it! You are a child of God, fully cherished, loved, and accepted by God ... God longs to reveal His compassion and hope at every step of this journey.

There is hope!

Anyone can begin the journey for greater mental illness recovery. It is not impossible to see life renewed. Many people with debilitating mental illness have found incredible recovery and live full and meaningful lives.

Mental health or mental illness recovery is a strength-based and whole-health (holistic) process of change that focuses on rebuilding a sense of self-worth and purpose, self-management for symptom relief, life giving community support, and a pure and simple rest in Christ.

Mental illness recovery is mental health resilience and renewal of life.

By learning about mental illness, self-management, support, and other professional interventions you become more resilient with a high quality of life. Over time mental illness recovery has a reduction of symptoms, even a reduction of frequency and intensity of episodes or cycles.

A whole health wellness and management approach.

Treatments that focus solely on a single aspect of one's being can bring only limited relief at best. A whole-health approach to care and treatment relieves physical and psychological distress (suffering) with medication, psychotherapy/counseling, healthy environment, and community support, while revealing love and limitless grace that is available through a personal relationship with Jesus.

Faith and Patience for a journey of hope not a quick fix.

Mental health resilience and renewal is not about achieving specific steps, it is a process that takes time. The Thrive workbook will give you specific topics that will lead toward your mental health resilience and life renewal ... recovery. You are not trying to achieve a new level of perfection, rather a new journey of hope.

Think about this “recovery” in months and years, rather than days and weeks. This is not about getting mental illness fixed; you are rebuilding a new resilient strength and life renewal. Thus, this is not trying to achieve an expectation; there is grace for this, go as slow as, “one day at a time.”

There are no easy answers, and there is no cookie-cutter set of action points that will be effective in every situation. Sometimes it may feel as if you are feeling your way in the dark, but this guide will reaffirm your steps are headed in the right direction. The best advice we can give you is to let grace be your guide as you walk towards greater mental health resiliency and life renewal ... mental illness recovery.

What is a whole health approach?

The Physical.

We exist in a **physical BODY** so that we can interact with the material world around us. Our bodies have been specifically designed by God to take in information from the environment and relay it to our brains. We see, hear, taste, smell and touch the world around us. The processing of sensory information by our brains produces thoughts, feelings and emotions, which then result in an outward behavioral display.

The Mind.

There is also an immaterial, non-physical aspect to our being, what some would call our **MIND**. Our thoughts, feelings and emotions are more than simple neurochemical changes and electrical discharges in our brain. While the functioning of our brain is integral to the existence of our mind, that alone is not sufficient to explain it. Similarly, to imagine our mind as completely separate and unrelated to the physical is not correct either. Mind and body are intimately connected and each affects the other.

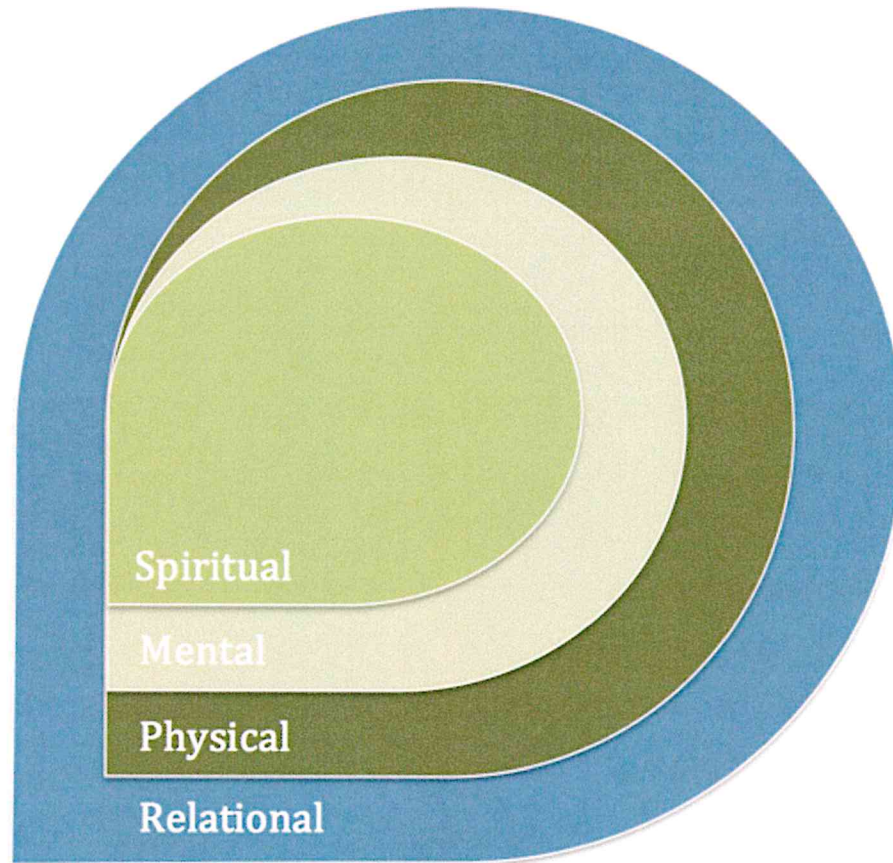
The Spirit.

The scriptures teach us that we also have a third and even more amazing level of being, a **SPIRIT**. God created us as a three part being, much like Himself. In our inmost being, we are spirit, the very breath of God placed into a shell of dust. As a being with a spirit, it is possible for us to be in an intimate, spiritual union with our Creator who is also spirit.

The Relational.

Lastly, all of our lives are encompassed in various frameworks of **RELATIONSHIPS** from family to friends. As God lives in the full expression as Father, Son, Spirit with life-giving fellowship His children (i.e., church), we are to live out our fellowship with God with one another that lend to life and restoration (Romans 15:1-3; Galatians 6:2). These healthy relationships will strengthen our body, mind, and spirit and help to create a thriving environment.

The **figure** below shows the **BODY, MIND, SPIRIT, and RELATIONSHIP** in relation to one another, each separate but they are intertwined and interacting with one another.

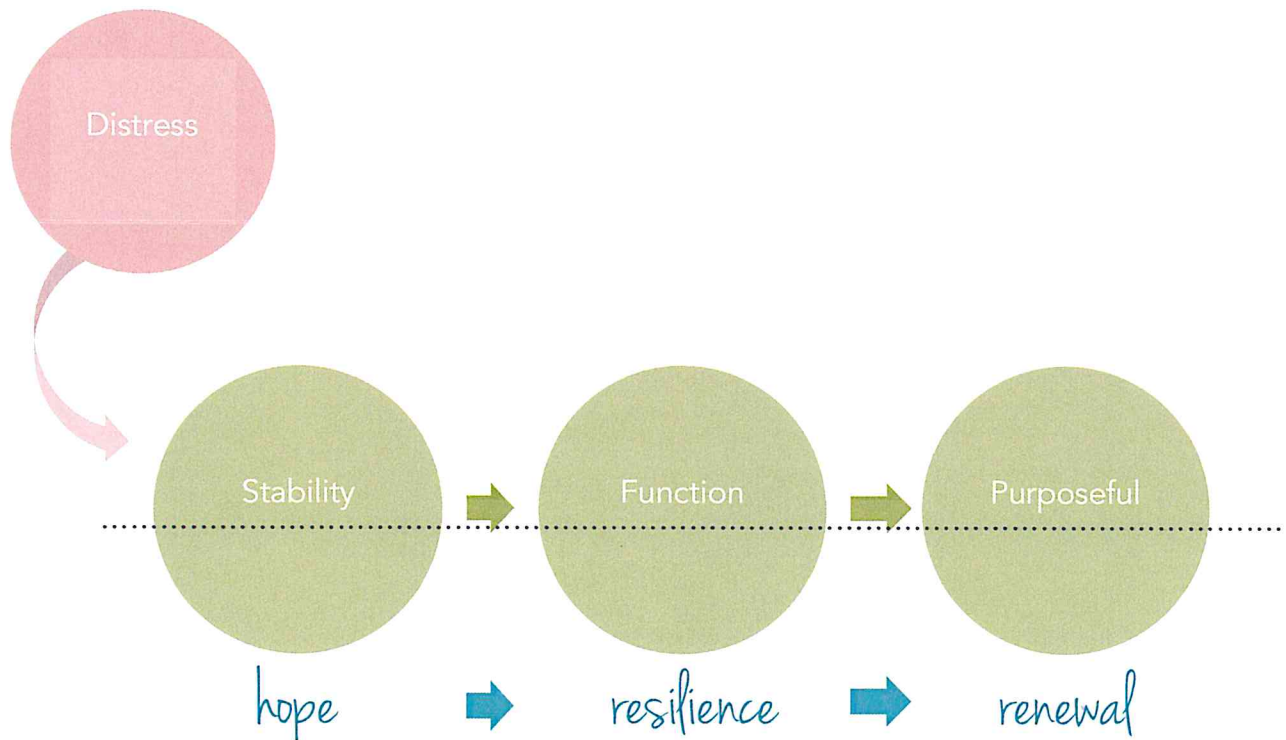


The brain, via the body’s sensory systems, is in contact with the earthly environment and relationships (outside) and the mind within. The middle circle listed “mental” is the mind, which is connected to the body through the functions of the brain and nervous system but is also in contact with our immaterial spirit (the inner most circle). The body senses and reacts to the external environment and the mind uses that information to perceive, understand and interpret our surroundings. The mind also forms our thoughts and plans our actions. The spirit, when connected to God, works to transform the mind into the very image of Christ, which results in an ever increasing display of godly behaviors through the body.

How does mental illness recovery work?

Mental illness recovery is a continuum of growth.

This picture represents the continuum of mental illness recovery and what the growth looks like along the journey.



Here's how it works?

Hopelessness and Distress



The individual / Peer
This is where the symptoms are overwhelming and life has moved to a crawl.

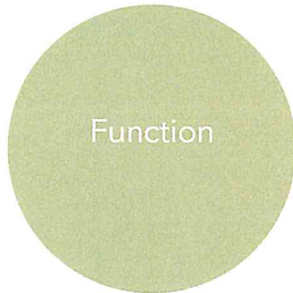
Hope Effect Stability and Management



The individual / Peer
Life is no longer driven by symptoms, relationships are healthy, and life now feels like you are fully running with full meaning in your God given purpose.

Personal Hope
Personal Management
Personal Support

Resilient Strength Function and Partnership



The individual / Peer

Symptoms are manageable, now have renewed strength and energy. Life now feels like going from a light walk to a light jog.

**Self-directed
Self-worth Identity
Self-Confidence**

Renewed Life Purposeful Lives and Relationships



The individual / Peer

Life is no longer driven by symptoms, relationships are healthy, and life now feels like you are fully running with full meaning in your God given purpose.

**Life Purpose
Life giving Relationships
Life Renewal**

Mental illness recovery is
the mastery of grace.

God can do miracles of what seems impossible, however God's most beautiful miracles are done over the long haul. Typically, mental illness recovery is not a complete cure, but over time there can be a significant reduction in distressing symptoms. Mental illness recovery is the art of resilience and the mastery of grace ... a life renewed.

Mental illness recovery is about relieving suffering, revealing Christ, and restoring lives.

How to use Thrive workbook.

1

+ CHOOSE YOUR TOPIC

Look through the different sections and choose one or two topics to work on for a particular week. Keep managing them weekly.

**We suggest to first start on the physical needs.*

2

+ RENEW YOUR PERSPECTIVE

Read through the purpose, goals, and facts.

This will give you many important neuroscience facts and other information to understand “the why” behind the topic.

3

+ SELF AWARENESS & TOOLS

Each section will provide various questions to evaluate your journey on each topic. Then, there are various exercises and tools to improve your mental health. Continue to practice the tool through each day and week. The more you apply the tools, the more it becomes a new nature of health.

4

+ GRACE TO ADAPT

Some changes will be immediate, however others will take time. Making changes is uncomfortable and can often feel discouraging. This is to be expected. Give yourself grace to do what you can and to see progress over time, not immediately.

Remember to apply the tools as they can work and do not stay stuck if a tool is not working. Adapt it to work for you.

+ What is mental illness recovery and how to use Thrive.

+ Healthy Lifestyle



Sleeping Well
Evaluating Your Medication
Learning to Relax
Eating Healthier
Being More Active

+ Healthy Minds



Living Balanced
Renewing Your Mind
Managing Stressors
Recognizing Cycles and Triggers
Brain Strength Training

+ Healthy Faith



Discovering Hope
Knowing Your True Identity
Knowing a Good God
Discovering Purpose
Life-Giving Community

+ Healthy Relationships



Healthy Relationships
Getting Through Conflict
Simple Forgiveness
Beyond What Others Think
Refreshing Others

Mental Health Grace Alliance

"The Grace Alliance"

Mental Health Grace Alliance is a 501(c)3 non-profit organization providing mental health support and recovery programs, support groups, training, and collaborative partnerships to impact mental health care.

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