



Peace for a Troubled Mind



Mental health includes


1. our emotional,

2. psychological,

3. social well-being,

influencing how we think,

feel, act, and handle stress.



It is essential for overall health, dictating how we manage daily responsibilities, cope with challenges, and build healthy relationships.

Cognition – Mental Process that deals with knowledge.

Perception – The identification, Interpretation and organization of sensory information, in order to represent and understand the presented information or environment.

Behavior – is the range of actions of organisms, individuals, systems or artificial entities in some environment.

Warning Signs

If you or someone you know is experiencing any of the following, it might be time to seek support:

Emotional shifts: Feeling unusually hopeless, numb, angry, or anxious.

Behavioral changes: Withdrawing from friends, erratic mood swings, or relying more on alcohol or drugs.

Physical & Cognitive symptoms: Extreme fatigue, inability to focus, changes in sleep or appetite, or unexplained body aches.



Matthew 11: 28-30

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

30 For my yoke is easy, and my burden is light.