

PRESSING ON...

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14



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Mental Health and Your Well Being

■ by Kathy Konrath, MA, LCPC, LMHC

Welcome to May, Mental Health Awareness Month.

What is mental health? It may help to first understand the definition of the word "mental". The word "mental" refers to the total emotional and intellectual response we have to the world around us. This includes our feelings, mood and thoughts about the world as we experience it. Most of us are biased in how we perceive our reality. Our past and present circumstances dictate how we view the world, which may be clouded with troubling situations.

The good news is that when we make the decision to place our faith in Christ, we find a new way

to view the world around us! The importance of caring for our mental health remains the same, but includes attending to the condition of our heart and spirit as well. Mental health is a state of well being, not the absence of problems. Jesus told us that in this life we will have trouble, but he offers his peace. Attending to our mental health allows us to care for ourselves emotionally, intellectually and spiritually, even in the midst of troubles.

Anyone can make changes that will impact their mental health and well being. Here are a few practical ways that will help you take care of yourself:

- **Talk about your feelings.** Opening up to another about how you feel builds connection with others and will help you deal with your emotions.
- **Maintain and build relationships.** Friendships and family create a sense of

belonging which may foster your sense of identity and security.

- **Ask for help.** Reaching out for help can assist you in learning to cope with difficulties.
- **Rest.** In this busy and hectic world, rest helps manage stress

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mental illness... it's OK to TALK about it!!

Do you have a heart for changing the way people think about mental illness?

Do you wish people understood what you/your family are going through?

Do you know how to support a friend or family member dealing with mental illness?

If you want to change the way we respond to mental illness, gather your church & ministry leaders, Bible study or small group, friends & family to learn how we all can better respond to the struggles that affect 1 in 4 people.

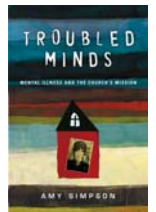


Amy Simpson

Thursday, May 7, 2015

7:00 pm | Ozinga Chapel | Trinity Christian College, Palos Heights, IL

The event will feature **Amy Simpson**, speaker and author of the book *Troubled Minds: Mental Illness and the Church's Mission*. Drawing on her family's experience, Amy, a pastor's daughter, will share the social and physical realities of mental illness and explore new possibilities for ministry to this stigmatized group. The event is free of charge. All are welcome!



RSVP Online <http://bit.ly/CCCCMay2015> | 708.845.5500 x111

As a follow-up to our May 7 event, a general informational meeting will be held at our Orland Park office on May 14 for individuals or churches curious about how to start a mental health support group. **CCCC will provide monthly professional facilitator support free of charge to individuals or churches who start a mental health support group.**

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Mental Health & Well Being

- and can renew energy needed to face the day. Even Jesus rested! If Jesus needed rest, how much more must we need it?
- **Eat well.** There is a link between what you eat and how you feel. Eating well not only addresses physical health, but also how you feel throughout the day.
 - **Exercise.** Active movement boosts chemicals in the brain which help you feel better and think clearer.

- **Drink sensibly.** Be mindful as you drink. Alcohol can affect your mood.
- **Build on your assets.** Assets are the positive aspects of who you are. Acknowledging them can increase your self esteem and sense of worth and value. God made you unique! There is no one in this world quite like you!
- **Serve others.** Getting out of yourself and helping another person creates positive feelings toward yourself, others and the world you live in.

Change takes time and practice. Pick one area of your life that needs the most attention and implement one simple change. Our journey towards wellness begins with a single step.

You are worth it.



Kathy Konrath is a Licensed Clinical Professional Counselor (IL) and Licensed Mental Health Counselor (IN). She sees clients in our Evergreen Park, IL and Schererville, IN locations.

:: marriage series ::

I Hope to Never See You in My Office

...about marital counseling

■ by Deborah Mitchell, MS, LMFT



I don't say this because I want time off, or because I'm tired of seeing couples, or because I don't believe in what I do. I say this because I DO believe in what I do. I cannot say often or loudly enough how much I believe in the importance of a good and Godly marriage.

DEFINITIONS

Good marriage: Ephesians 5:21-28 gives some "marriage rules" that many find hard to swallow. It speaks of a wife respecting her husband, and a husband unconditionally loving his wife and sacrificing himself for her... both putting the others' needs before their own (mutually submitting to each other). They are friends; a team that is encouraging each other to individually and relationally be all God created him/her to be. In this marriage, both partners know there is someone in the flesh that will watch out for them and even, (dare I say it?), call them out on issues that threaten to hold them back-- as we are to "speak the truth in love." (See 1 Corinthians 13 for directions). And despite a normal ebb and flow, a good marriage will also maintain some level of passion as an expression of that love.

Godly marriage: A Godly marriage is, as the book of Ecclesiastes puts it: "a cord of three strands that is not quickly broken." A good marriage binds two together; a Godly marriage adds the third. It is also a beautiful portrait of our relationship with Christ. If you continue reading beyond the "submission" and "sacrificial love" mentioned in Ephesians, Paul quotes the Old Testament: "As the Scriptures say, 'A man leaves his father and mother and is joined to his wife, and the two are united into one.'" Paul then adds: "This is a great mystery, but it is an illustration of the way Christ and the church are one."

Finding it hard to swallow? A lot of people struggle with these definitions because they are hard to do. Shouldn't living with the one you love come naturally? There are many reasons why it doesn't...

A FEW COMMON REASONS

Pride: The idea of submission can be painful—particularly in our culture. How can we balance having a good self-worth while positioning ourselves under someone else's authority? It is important that we see this as a "chain of command" and not as having less worth.

Fear: Living a good, Godly marriage gives your mate the opportunity to hurt you. What if you give 100%, expecting 100%, and really get 10% back? It is a possibility and this possibility has to be considered. What are you willing to do in obedience to Christ, even if your spouse makes a difference choice?

Busy-ness: In the parable of the sower, good seed fell in four different areas. One of those mentioned was the seed that fell among the weeds. Even though the seed was good and even though the plant flourished for a while, the weeds grew up and "choked out" what was once flourishing. When the disciples asked for the explanation, Christ described the weeds as the "cares of this world" or "the busy-ness of life." Although Christ was talking about the kingdom of God in the parable, this applies extremely well to the marital relationship. As responsibilities inside and outside the home increase, fatigue increases and communication/intimacy decreases.



So, **I HOPE TO NEVER SEE YOU IN MY OFFICE** because your marriage is so good and Godly that you don't need any help. But if you do, I hope you'll see that it's worth the work (and it IS work!) and see myself or one of any number of wonderful Christian marital counselors available to help you move in a positive direction. ■

Debi Mitchell is a Licensed Marriage & Family Therapist. She enjoys working with individuals, couples and families in our Schererville, IN location.



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Email: info@chicagochristiancounseling.org

Illinois Offices:

- Chicago (4 neighborhood locations)
 - Edgewater
 - Galewood
 - North Park
 - South Loop
- Evergreen Park
- Lombard
- New Lenox (2 locations)
- Orland Park
- Plainfield
- Shorewood
- South Holland
- Tinley Park

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Our Mission Statement

Promoting health and wholeness through professional counseling, consultation and education from a Christian perspective.

New Staff



Darlene Alexander, MA, LCPC
Licensed Clinical Professional Counselor
Tinley Park, IL location



Kim Pronoitis, MA, LCPC
Licensed Clinical Professional Counselor
Tinley Park, IL location

Free Screenings



May is Mental Health Awareness month.

Chicago Christian Counseling Center is offering free depression/anxiety screenings during May.

Call Toll free (800) 361-6880