



TERESA BRUNSTING

AS FOR ME AND MY HEALTH

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MENTAL HEALTH MATTERS

Have you ever been in your daily routine at work, with family, or at home, and thought to yourself, *Wow, I need a mental health day. I am not doing well. I'm very stressed, and I need a break.*

In today's busy and sometimes unpredictable times, most people have had this feeling at one time or another. It feels like with each generation, the simpler life takes a backseat.

Simpler can be fulfilling and for some very necessary. I know about simplifying and stiving for mental health more

than some. After a suicide attempt at 24, I was diagnosed with bipolar and have developed ways over the last 40 years to better my mental health.

In 2022, the WHO's World Mental Health Report redefined mental health as a state of mental well-being that enables people to cope with the stresses of life, to realize their abilities, to learn well and work well, and to contribute to their communities.

How can we recognize when someone we love, including ourselves, needs a mental health day?

HOW DO WE RECOGNIZE MENTAL HEALTH ISSUES?

1. Feelings of being overwhelmed, sad, and even anxious.
2. Everything feels negative.
3. Having no interests and aspirations.
4. Reacting to trauma which causes loss of hope.

In the bible, after John the Baptist died, Jesus withdrew to a desolate place by Himself. Even when He was with the disciples, He routinely needed a quiet place. He would go out and spend time with God. Mark 1:35 says,

“VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP AND WENT OFF TO A SOLITARY PLACE, WHERE HE PRAYED.”

Jesus knew when He needed to spend time with God and if we are in touch with ourselves and Holy Spirit we feel that nudge too. Feeling a need for stillness and rest are the way we are created and going against that nature causes our mental health to suffer. This in turn can directly affect our physical health.



Jesus modeled prayer and time with God and even gave a specific prayer to pray in Matthew 6:9-13 (NIV), called The Lord's Prayer.

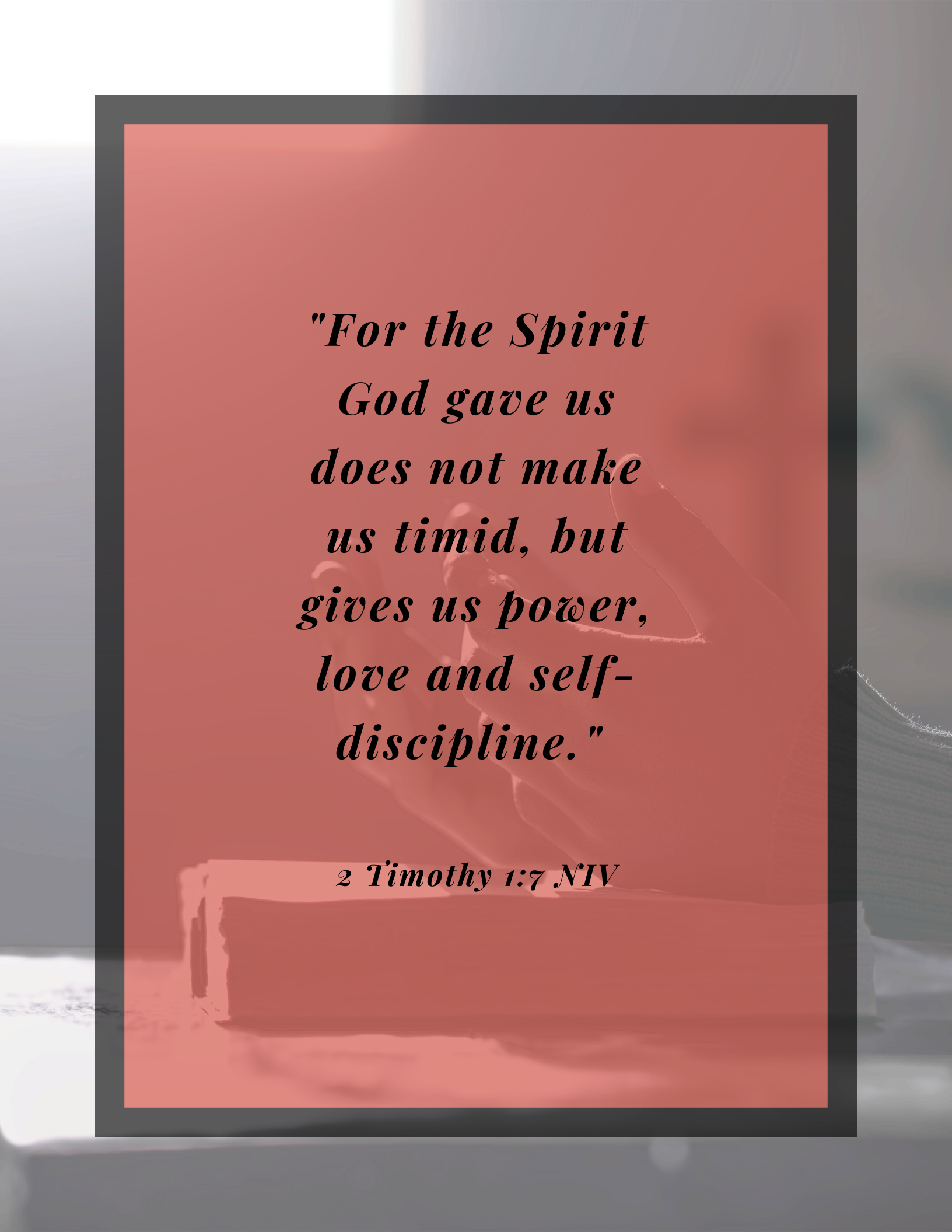
"This, then, is how you should pray:

**'OUR FATHER IN HEAVEN,
HALLOWED BE YOUR NAME,
YOUR KINGDOM COME,
YOUR WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.
GIVE US TODAY OUR DAILY BREAD.
AND FORGIVE US OUR DEBTS,
AS WE ALSO HAVE FORGIVEN OUR DEBTORS.
AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM THE EVIL ONE.'"**

He showed us what we can do at any age and in any circumstance. Praying this prayer and spending time with God is one way to help our mental health.

Taking time for ourselves isn't selfish. It's not anything to be ashamed of. It's simply part of what we need to do to help our mindset. When we put spending time with God as a goal in our daily routine it will change our perspective and our mental health.

What takes a toll on our mental health and, in turn, can lead to physical manifestations is when we are trying to do too much, being too busy, and allowing stress to swallow us up. Finding ways to decrease that stress should be a priority—not only for our mental and spiritual health but ultimately our physical well-being as stress is a number one contributor to many illnesses.

A person's hands are shown holding a book, with a red semi-transparent rectangle overlaid on the image. The text is centered within this rectangle.

*"For the Spirit
God gave us
does not make
us timid, but
gives us power,
love and self-
discipline."*

2 Timothy 1:7 NIV



If you have had times of great stress, anxiety or depression you know what I mean and for those who haven't experienced it, maybe this will help you see it in your loved ones. It is also important when helping others with their mental health to be kind, compassionate and approach them with love when you think their mental health is in jeopardy.

I have had to implement daily routines and boundaries to protect my mental health while living with bipolar. I have also watched over the past few decades the way our world has changed. Everybody could benefit from developing some habits that can help them achieve balance in their life and maintain mental health.

THESE ARE DISCIPLINES I HAVE INCORPORATED INTO MY DAILY LIVING TO REDUCE STRESS:

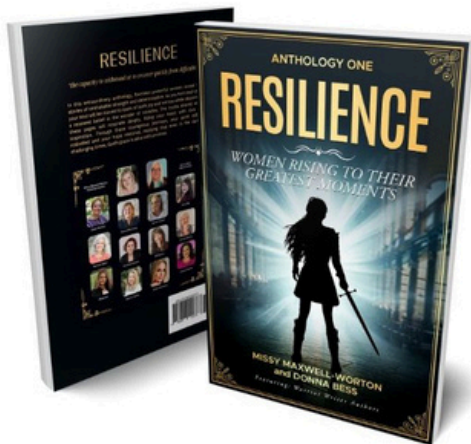
1. Add prayer time and exercise in the early morning.
2. Use breathing exercises to slow you down and increase creativity.
3. Eat healthy food and avoid sugar.
4. Avoid people who negatively impact or trigger you.

5. Create boundaries. It is easier to maintain less stress and better mental health if we know our limits.
6. Say "No" to a busy schedule by prioritizing and cutting what doesn't serve you well.
7. Make sure to get plenty of rest by setting a time to put away devices and wind down before bedtime.

Everyone handles stress in different ways. I hope this helps so you and your loved ones can have good days in your future by incorporating these practices.

Working toward good habits can also help maintain a state of good mental health. It is best to try to avoid the desperate feeling of needing a mental health day to recover from life.

If you feel that your mental well-being is at risk, there is a national number to call for a mental health crisis hotline at 988.



Resilience Anthology One

This collection of stories is a celebration of the human spirit from fourteen extraordinary women. Each chapter authentically stands as a testament to the power of resilience, from life altering setbacks to unexpected adversities, showing that even in the face of overwhelming odds, triumph is possible. This book will inspire you to rise up to your greatest moments.



Teresa's chapter "**Death without a Casserole**" shares how infidelity shattered her marriage and the grief that followed. She compares the death of a marriage to losing a loved one. Unlike physical death, a broken marriage doesn't bring casseroles.

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Hello Friends...

I am an author, speaker, and encourager for women, suffering from mind, body, and spirit struggles so they can overcome and live joyously in their "New Self." I am a certified coach in *Awake the Living and Loving Legacy*.

I love encouraging and coaching other women to help them find confidence and live boldly in the beautiful place God created for them. Whether you are looking for a strong marriage, strong emotional health, and /or to raise strong and confident children, I can help you get there. Even if you struggle with bipolar like I have in my life. There is hope.



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