



MINDFUL FAITH

The Fundamentals of Christian
Perspectives of Mental Health

Rev. Bruce Hartung, Ph.D.



MENTAL HEALTH???

- What are your definitions of mental health?



MENTAL HEALTH???

- WHAT ABOUT, IF YOU LEFT OUT MENTAL?
- WHAT ARE YOUR DEFINITIONS OF HEALTH?



THINK WHOLISTICALLY

* BODY

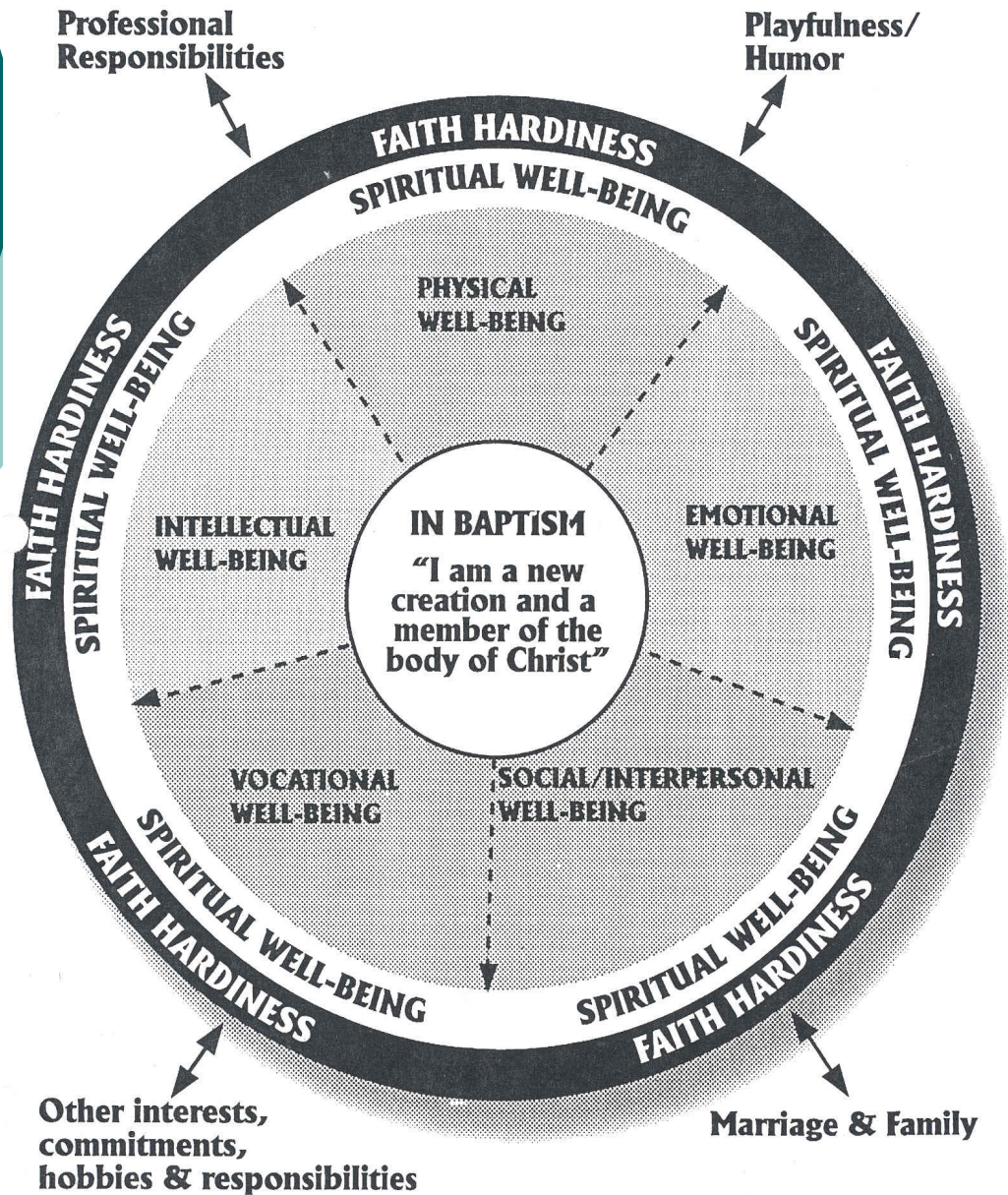
* MIND

* OTHERS

* GOD

“WHOLENESS WHEEL”

MINISTERIAL HEALTH AND WELLNESS





BIDS

... the way people, in mundane moments in everyday life, make attempts at emotional communication, and how others around them respond, or fail to respond, to these attempts.

(John Gottman, *The Relationship Cure*, "Preface")



BIDS

- Turning Toward

- “to react in a positive way to another’s bids for emotional connection”

(Gottman, p. 16)



BIDS

- Turning Against

- “People who turn against one another’s bids for connection might be described as belligerent or argumentative.”

(Gottman, p. 17)



BIDS

- Turning Away

- “This pattern of relating generally involves ignoring another’s bid, or acting preoccupied.”

(Gottman, p. 17)



TURNING TOWARD

- One or two word comment
- A few words or questions to clarify
- Attentive
- High Energy



TURNING AWAY

- Preoccupied
- Disregarding
- Interrupting



TURNING AGAINST

- Contemptuous
- Belligerent
- Contradictory
- Domineering



The Family's Philosophy of Emotion

- Coaching
- Dismissing
- Disapproving
- Laissez-Faire



The Family's Philosophy of Emotion

○ COACHING

- Accept the expression of all feelings – including anger, sadness, and fear
- Teach children how to express their feelings in ways that are appropriate and effective



The Family's Philosophy of Emotion

○ DISMISSING

- Tend to keep their feelings hidden, especially negative feelings
- Subtly, or not so subtly, all are discouraged from showing your feelings. "Still, tears, frustration, and worries inevitably come to the surface in all families. And when this happens members are likely to turn away."

(p. 151)



The Family's Philosophy of Emotion

○ DISAPPROVING

- Tend to keep their feelings hidden, especially negative feelings
- Feel hostile toward those who express emotions like sadness, anger, or fear. “In fact, they’re likely to criticize, reprimand, or even punish members just for expressing negative emotions.” (p. 153)



The Family's Philosophy of Emotion

○ LAISSEZ-FAIRE

- Have a high tolerance for openly expressing negative feelings like fear, sadness, and anger. Expressing emotion is like “letting off steam.”
- “Once the storm is over, it’s over. All the work is done.” (p. 155)



The Family's Philosophy of Emotion

“Families that create emotion-coaching environments fare much better than families that are dismissing, disapproving, or have a laissez-faire attitude toward emotions. Couples who accept, respect, and honor each other’s feelings are less likely to divorce. Their children tend to do better over the years as well. Because these emotion-coaching families create environments that help children regulate their feelings, their children can concentrate better than can kids in other groups. They get better grades in school. They have fewer behavior problems, and they get along better with peers. Lab results show that they have fewer stress-related hormones in their bloodstreams and that, over time, they suffer from fewer minor health problems like coughs and colds.”

(The Relationship Cure, p. 157)



PARTICULAR TYPES OF NEGATIVE INTERACTIONS

CRITICISM

“A complaint only addresses the specific action at which your spouse failed. A criticism is more global – it adds on some negative words about your mate’s character or personality. ‘I’m really angry that you didn’t sweep the kitchen floor last night We agreed that we’d take turns doing it’ is a complaint. ‘Why are you so forgetful. I hate always having to sweep the kitchen floor when it’s your turn. You just don’t care’ is a criticism.”

(Gottman, *Seven Principles*, pp. 27-28)



ANTIDOTE TO CRITICISM

Say what you need and feel ...

Use a gentle start up ...

If you ask for change, focus on
behavior not the person



PARTICULAR TYPES OF NEGATIVE INTERACTIONS

DEFENSIVENESS

“Defensiveness is really a way of blaming your partner. You’re saying in effect, ‘The problem isn’t *me*, it’s *you*.’”

(Gottman, *Seven Principles*, pp. 30-31)



ANTIDOTE TO DEFENSIVENESS

Accept responsibility for at least a small part of the problem ...

What is my part in the problem?



PARTICULAR TYPES OF NEGATIVE INTERACTIONS

CONTEMPT

“Sarcasm and cynicism are types of contempt. So are name-calling, eye-rolling, sneering, mockery, and hostile humor. In whatever form, contempt – the worst of the four horsemen – is poisonous to a relationship because it conveys disgust. It’s virtually impossible to resolve a problem when your partner is getting the message you’re disgusted with him or her.”

(Gottman, *Seven Principles*, p. 29)



ANTIDOTE FOR CONTEMPT

(This is the single best predictor of a broken relationship.)

Describe your own needs and feelings, not those of the other ...

Create a culture of appreciation ...



PARTICULAR TYPES OF NEGATIVE INTERACTIONS

STONEWALLING

“Eventually one partner tunes out. ...Think of the husband who comes home from work, gets met with a barrage of criticism from his wife, and hides behind the newspaper. The less responsive he is, the more she yells. Eventually, he gets up and leaves the room. Rather than confronting his wife, he disengages.”

(Gottman, *Seven Principles*, p. 33)

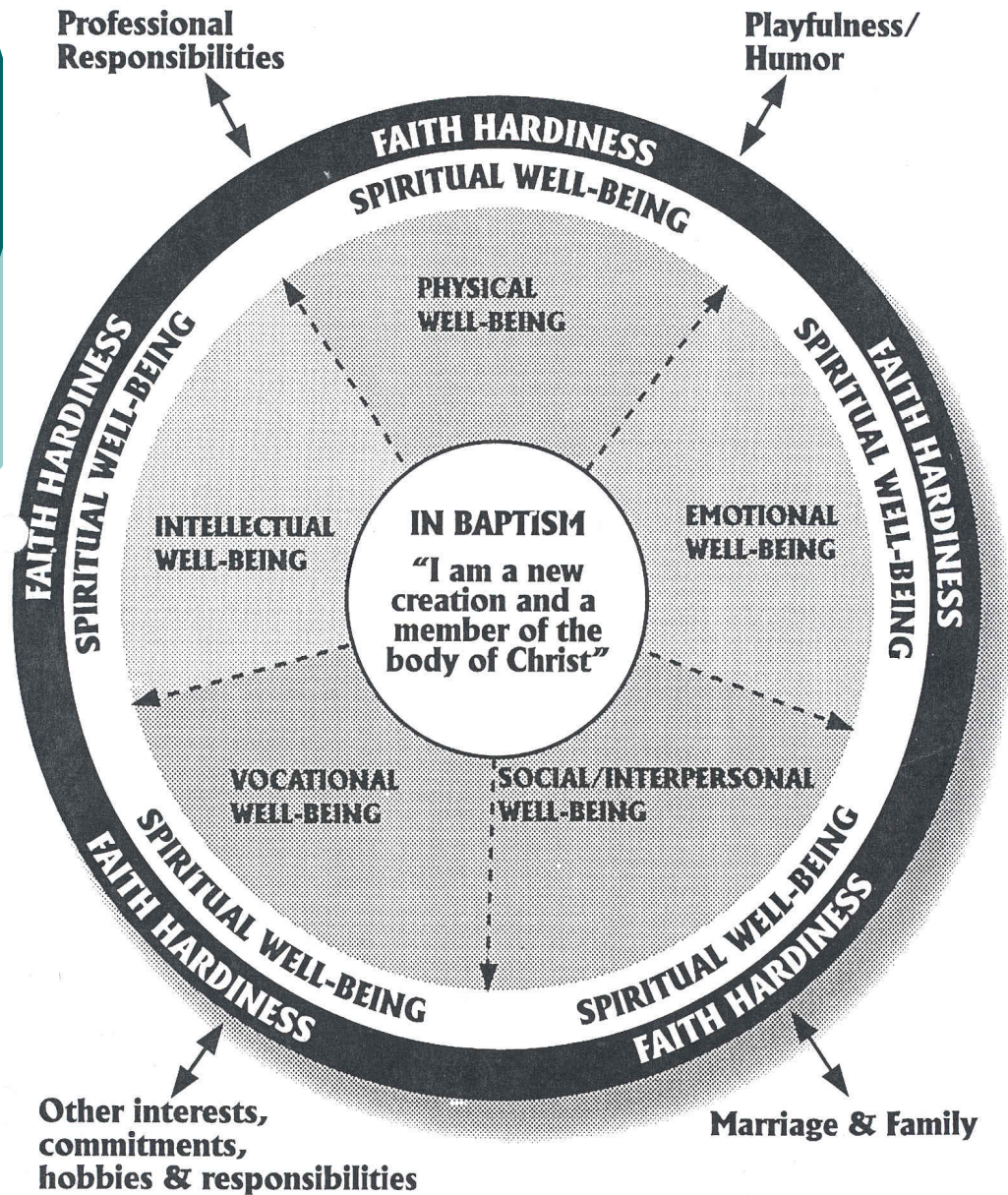


ANTIDOTE FOR STONEWALLING

Self-Soothing ...

“WHOLENESS WHEEL”

MINISTERIAL HEALTH AND WELLNESS





AND YOU KNOW ME

- PSALM 139

As we might get to know each other...