



ANTHEM TRIBE TALKSHEET

It's Not Supposed to Be This Way

SCRIPTURE:

Romans 12:2, 8:5-6,
Proverbs 4:23
1 Peter 5:8
Ephesians 6:10-18
Philippians 3:20-21

MAIN POINTS:

- 5 Godly perspectives on mental health:
 - This topic is sensitive
 - It's hard to love people who are in deep pain
 - Mental health is a physical and a spiritual battle
 - It's a battle: How to fight the war
 - It's not always going to be this way

DISCUSSION QUESTIONS

- How is your spring break going so far?
- What are some common signs or symptoms of mental health struggles? How can we recognize these signs in ourselves and others?
- How does stress impact our mental health? What are some healthy ways we can manage stress in our daily lives?
- Can social media affect our mental health? Positively or negatively?
- What are ways we as a tribe can show up for one another when struggling with their mental health?