**10 Commandments for Positive Mental Health**

***1 Thessalonians 5:10-22***.

**10He died for us so that, whether we’re awake or asleep, we may live together with him. 11Therefore encourage one another and build each other up, just as in fact you’re doing.12Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. 13Hold them in the highest regard in love because of their work. Live in peace with each other. 14And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. 15Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else. 16Rejoice always, 17pray continually, 18give thanks in all circumstances; for this is God’s will for you in Christ Jesus. 19Don’t quench the Spirit. 20Don’t treat prophecies with contempt 21but test them all; hold on to what is good, 22reject every kind of evil.**

**1. I have a purpose and a plan today**

**1 Thess. 5:10**: “**10He died for us so that, whether we’re awake or asleep, we may live together with him.”**

Routine develops resilience; Predictability creates stability; Structure creates steadiness.

Go to bed and wake up at the same time every day.

Set small goals and tasks to accomplish each day.

“You need to get up, dress up, show up and never give up.”

**2. I will encourage others (1 Thess. 5:11)**

**11Therefore encourage one another and build each other up, just as in fact you’re doing.**

We refill our emotional cup when we’re with other people we love. lean into relationships. Keep making social connections. Talk to friends. Let your needs be known.

**Prov. 11:25** says: **“those who refresh others will themselves be refreshed.”**

**Galatians 6:2** says: **“Carry each other’s burdens and in this way you’ll fulfill the law of Christ.”**

**3. I will live in peace with others (1 Thess. 5:13)**

Be a grace dispensing family. Families are experiencing conflict the most during this pandemic, because we’re with our families the most. We’re with each other 24-7! That’s why extending the grace of Christ and his forgiveness is so critical to positive mental health.

**4. I will stay active**

**“Warn those who are idle.” (1 Thess. 5:14)**

Physical inactivity can lead to poor mental health. Exercise has extremely high correlation to positive mental health. Do physical activities as much as possible, go outside for a walk, a run or bike ride, keep physically active. Nature is both healing and calming.

Shorter breaks taken more often will recharge you more than one large break. Know what recharges you and do it several times a day.

**5. I will share my feelings and listen to the feelings of others**

**“Encourage the timid, help the weak, be patient with everyone.” (*1 Thess. 5:14*)**

Share what you’re going through; don’t hide it. Listen empathetically to others, encourage the timid, help the weak, and be patient with those who are struggling.

**6. I will be kind to myself and others.**

**“Always try to be kind to each other and to everyone else.” (1 Thess. 5:15)**

Be kind to yourself. Don’t expect yourself to be perfect. You’re not; I’m not.

And be kind to others.

**7. I will stay positive**

**“Rejoice always; (*1 Thess. 5:16)***

Don’t let poor circumstances dictate a negative mindset. Rejoicing is a verb, not a feeling.

We can change our mood by changing our thoughts.

***Philippians 4:8***, **“whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”**

**8. I will keep talking to God**

**“pray continually” – 1 Thess. 5:17**

Prayer and meditation is a key way to manage stress. Constant prayer brings God’s calming presence and peace in our lives.

Prayer is something you learn by doing. Make Jesus the first word in the morning and the last word at night. Take breath prayers through the day.

God’s in control - so you don’t have to worry.

**9. I will give thanks in all circumstances.**

**“Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” 1 Thess. 5:18**

It’s not happy people that are thankful, but rather thankful people that are happy.

Thankful people have better mental health.

**10. I will avoid things that make my mental health worse**

**“Test everything. Hold on to the good. Avoid every kind of evil.” (1 Thess. 5:21,22).**

Limit the amount of media you listen to every day, especially at night just before bedtime.

***Matt. 6:22-23***: **“Your eye is the lamp of your body. If your vision is good, your whole being will be full of light. But if you’re focused on the bad, your life will be full of darkness.”**

“**test everything.”** There are many things we don’t know.

**“Hold on to the good”** There are things you can do which can limit the spread of Covid – wash hands; be careful when interacting with the elderly; don’t forget the value of getting outside and getting exercise! Proper nutrition is an important component of good mental health.

**“Avoid every kind of evil.”** Don’t abuse alcohol and drugs, don’t waste your money gambling. stay away from online porn.