

Workbook—Module 3 – Mental Health



Introduction

Module 3 explores an area that is far too often neglected or simply overlooked. Our mental health connects to every part of our lives. It affects our thoughts and perceptions, our emotions and self-esteem, our day to day decisions, our relationships, and our long-term goals.

Purpose

This module will help you to identify challenges you may be having with mental health and give information to help you navigate through rough waters. With determination, the help of certified counselors, support groups, and increasing your knowledge, you can become a more informed person who is able to face challenges related to mental health and conflict.



Conflict and Resistance

1. Although some days seem to come with little or no effort on our part, most days will bring a certain degree of _____. Some days will bring a _____ of conflict that lands in our laps with little or no notice. These are the days where entering into _____ helps us to courageously use our _____, _____, and _____. We can weather the storm (Module 3.1).

2. Our lives are like standing in a river, negotiating the flow of the current. Sometimes the river may be flowing into an open and calm lake—you can relax, and let it take you there. Or, it may be headed for a _____. If you fall into a dangerous current going in the _____ direction, there is an _____ that calls us to dry and _____ (Module 3.1).

3. Once we do make it to dry ground, the rapids of the river don't seem as _____ (Module 3.1).

4. There is an _____ within that seeks to resolve conflicts effectively, peacefully and lead us to solid ground (Module 3.1).

5. Can we be engaged in our stories that have a bigger purpose and scope; one where the challenges, trials, victories, and failures are all a part of this human experience?

They are normal to life. _____ is normal to life. We choose how to _____.

What will the next chapter be? (Module 3.1)



What is depression?

6. What are 2 different kinds of depression (Module 3.2)?

7. In situational depression it is key to identify what has _____ the change (Module 3.2).

8. Life calls us to be _____ yet remain standing _____ on our true beliefs (Module 3.2).

9. What are some key factors that greatly affect our mental health (Module 3.2)?



10. _____ depression and _____ depression are certainly more than a bad _____. One who is dealing with long-term symptoms need not _____ alone (Module 3.2).



11. Seeking out professional _____ is important to receive an appropriate combination of therapies and gaining _____ to the right _____ for you (Module 3.1).

12. **Question for Reflection:** What comes to mind when you think about new growth in your life?

The Truth About Marijuana

Thirty-three states have approved the use of medical marijuana here in the United States (ProCon.org), as of May 2019. There have been some significant positive results in using cannabis oil as treatment for those with serious illnesses.

13. These oils have no _____ - _____ affects (Module 3.3).

14. The long-term effects of legalizing the drug for recreational use are as yet _____. With an _____ access for adults, there is a close watch on the usage in _____, both teenagers and younger (Module 3.3).



15. One should be very careful in making the decision to use. Examining your _____ and _____ of use, as well as how your actions can affect others should always be considered.

16. Cannabis affects brain areas that have an influence on _____, _____, thinking, concentration, _____, and _____ (Module 3.3).

Whatever experiences you have had with marijuana, or what you have heard from other people's experiences, there is no doubt that there are significant changes to brain function happening when it is either inhaled through smoking or ingested through food. The dangers of smoking it, putting stress on the lungs and respiratory system, are also very real.

17. THC alters the _____ and the _____ cortex areas in the brain. This influences the formation of new _____, a person's ability to _____ their focus and disrupts the ability to _____ complicated tasks. Other areas of the brain affected are the cerebellum and the basal ganglia (www.drugabuse.gov) (Module 3.3).

Structure of THC

The chemical structure of THC is similar to one produced in our brains called anandamide. With this similarity, it allows the body to recognize THC and it alters brain communication. Anandamide will function as a neurotransmitter, and the THC will attach to cannabinoid receptors on neurons. Once activated, various brain functions are disrupted including mental and physical functions (www.drugabuse.gov).



18. **Question for Reflection.** Do you think marijuana could be a gateway drug to other more dangerous drugs? _____ Why or why not? _____

More Resources

<https://www.rehabs.com/assessments/marijuana-addiction-quiz/> (marijuana addiction quiz)

<https://www.drugabuse.gov/publications/drugfacts/marijuana> (drug facts)

<https://www.drugabuse.gov/publications/drugfacts/marijuana-medicine>

Being Decisive

We live in a very fast paced world. Now, more than ever, it is vitally important to be well informed, and decisive in our thought process. Having a clear moral code and standing firm on what we know to be true is crucial.

19. Let's take a lesson from our amygdala in the brain. The _____ is located down in the _____ of our brains and is responsible for helping us know when we are in _____ or not.

20. It evaluates our _____ and will tell us if it is safe to move, or to stay put where we are. We just need to be _____ and paying _____.



Asking Clear Questions

When we are thinking clearly and paying attention, we can reasonably assess our lives and make good decisions based on the information available. Many decisions are about our everyday routines.

21. What are some short-term questions that need answering on a day-to-day basis?

_____?

_____?

_____?

22. What are some long-term questions that need to be answered?

_____?

_____?

Decision to Change Behaviors

How does our decision-making process engage in changing bad or unwanted behaviors?

23. We can work to consistently form _____ of behavior for our own health, growth, and well-being (Module 3.4)?

24. We stop _____ behaviors that we know, beyond a shadow of a doubt, are not good for us (Module 3.4)?

25. We can be _____ reflecting are known value system (Module 3.4)




26. We can grow stronger in our ability to _____ through _____ territory in our lives (Module 3.4)?

27. Positive change and _____ will come to the person who is making _____ - _____ decisions each day and is willing to commit to being responsible regarding those decisions.

Post Traumatic Stress Disorder (PTSD) and Moral Injury

Post-traumatic stress disorder, or PTSD, describes a real condition with a variety of symptoms. It can develop in people that have suffered trauma in the course of wars (current military and veterans), on the street, in domestic violence, in natural disasters, medical illness, accidents, abuse, and other events.



1 Degree of Change. If you believe that the direction you are going needs some small adjustments, or maybe big ones, you can take one day at a time, and one step at a time in the process of getting there. Right now, you are facing a particular direction, and life has been going the way it's been going. Let's say you decide to turn slightly in a new direction, say a 1-degree turn. Well, 1-degree may not seem like much of a change, and in fact other people may not even notice any change in you at all at first. But if you walk that 1-degree change out each day, after a while, you can see that you will end up in a very different place than if you were to continue going in the same line and same direction as before. Stretch this out over weeks, months, and even years, and the territory you are walking on will be vastly different.



Moral Injury

Another related area to PTSD is moral injury. Unlike post-traumatic stress, which is a result of a fear-conditioned response, moral injury is a feeling of existential disorientation that manifests as intense guilt. Engaging in an ethical conversation as to what happened in the past and reconciling that event with their present life is necessary. A strong connection with a community and other people is important to re-establish personal identity, purpose, and well-being (Thomas Gibbons-Neff, 2014).

28. What are the 4 areas that need to be present for a PTSD diagnosis (Module 3.5)?

29. Melissa Walker, psychologist and therapist uses an alternative therapy to help treat PTSD symptoms. Having individuals make a mask that helps them express and sort through various types of trauma helps with a variety of symptoms including ____ - _____ (Module 3.5).



30. Question for Reflection. How can talking about past trauma help the healing process?

More Resources

<https://ptsd.va.gov>

https://www.ted.com/playlists/471/let_s_end_the_silence_around_a

Uncovering Fear and Resentment

All of us have something in common. We have a past, and one that has its share of wrong turns, wrong decisions, sins, mistakes, and hurtful words and actions against others. These wrongs weigh us down with guilt and have hurtful consequences for us and our future.

31. Many who are coming into recovery are _____ aware of their _____. They know not only what they have done _____, but the _____ flaws within themselves that allowed those things to happen.



32. What are the 4 areas in filling out a traditional moral inventory (Module 3.6)?

_____, _____, _____, _____.

33. What are 2 components of sobriety (Module 3.6)?

34. Resentment is a feeling of indignant _____ or persistent _____ at something regarded as a _____, insult, or injury (Module 3.6) .

35. Holding on to _____ for wrongs against us, leads to resentment (Module 3.6).

36. **Question for Reflection.** What benefits have you found in writing down a moral inventory?

There is no perfect way to reflect on our wrongs, write them down in the inventory process or talk about them to someone we trust. Just get started! Coming to terms with our brokenness, wrongs, and missteps, and being willing to hold them up to



the light, isn't shameful. On the other hand, shame is lifted off those that are willing to change direction and walk in the solution.

More Resources

Moral Inventory

<https://step12.com/step-4.html>

12 Rules for Life *by Jordan Peterson*

https://www.amazon.com/12-Rules-Life-Antidote-Chaos/dp/0345816021/ref=sr_1_1?s=books&ie=UTF8&qid=1526427437&sr=1-1&keywords=books+by+Jordan+Peterson

