

“A DIY Guide to Better Mental Health: Saving Your Sanity”

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» BAD NEWS

- Generation Z:
 - American Psychological Association: “This generation is significantly more likely (27 percent) than other generations, including millennials (15 percent) and Gen Xers (13 percent), to report their mental health as fair or poor, the survey found. They are also more likely (37 percent), along with millennials (35 percent), to report they have received treatment or therapy from a mental health professional, compared with 26 percent of Gen Xers, 22 percent of baby boomers and 15 percent of older adults.”
(www.apa.org/monitor/2019/01/gen-z)
 - APA: “More than nine in 10 Gen Z adults (91 percent) said they have experienced at least one physical or emotional symptom because of stress, such as feeling depressed or sad (58 percent) or lacking interest, motivation or energy (55 percent). Only half of all Gen Zs feel like they do enough to manage their stress.” (Ibid)
- Baby Boomer Plus:
 - Alzheimer’s Association: “By 2025, the number of people age 65 and older with Alzheimer’s dementia is projected to reach 7.1 million – almost a 27 percent increase from the 5.6 million age 65 and older affected in 2019.”
(www.alz.org/media/Documents/alzheimers-facts-and-figures-2019-r.pdf)
 - Dean and Ayesha Surzai: “While every chronic disease you can think of . . . is in decline, deaths due to Alzheimer’s have increased nearly 87% in the last decade. The next decade could be even worse: 10 percent of people over the age of sixty-five will develop some form of dementia, and people over the age of eighty-five have a 50 percent chance of developing the disease. . . . Alzheimer’s may in fact be America’s third-most deadly disease, behind only heart disease and cancer. The question is no longer *if* we will develop the disease, but *when*.” (*The Alzheimer’s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age 2*)

» GOOD NEWS

- Our Depression—Jesus _____
 - Isaiah 53:4
 - Psalm 88:1, 14, 18
 - Derek Kidner: “There is no sadder prayer in the Psalter. . . . [with] its witness to the possibility of unrelieved suffering as a believer’s earthly lot.” (*Psalms* 2:316, 319)
 - Business Insider: “According to a report analyzing data from the Blue Cross Blue Shield Health Index, major depression diagnoses are rising at a faster rate for millennials and teens compared with any other age group. Since 2013, millennials have seen a 47% increase in major-depression diagnoses. . . . The most prominent symptom of major depression is ‘a severe and persistent low mood, profound sadness, or a sense of despair,’ according to Harvard Medical School.” (www.businessinsider.com/millennials-mental-

health-burnout-lonely-depressed-money-stress#depression-is-on-the-rise-among-millennials-1)

- Psalm 22:1-2, 6
- *Desire of Ages*: “Christ’s agony did not cease, but His depression and discouragement left Him. The storm had in nowise abated, but He who was its object was strengthened to meet its fury. He came forth calm and serene. A heavenly peace rested upon His bloodstained face. He had borne that which no human being could ever bear; for He had tasted the sufferings of death for every man.” (694)
- Our Dementia—Jesus _____
 - John 21:18
 - Wes Youngberg: “I tend to think of dementia as a temporary cognitive impairment associated with recent exposures to one or more dementogens that collectively cross a threshold level, leading to decreased functionality in judgment, communication, organization, and the normal functions of daily living.” (*Memory Makeover: How to Prevent Alzheimer’s and Reverse Cognitive Decline the Natural Way* 33)
 - Dean and Ayesha Sherzai: “If we had to name a single food that plays the biggest role in the development and progression of Alzheimer’s, it would be _____ _____ is one of the most destructive compounds we can ingest, and we’re consuming more of it now than at any other point in human history.” (100)
 - Dale Bredesen: “Chronic inflammation [the body’s response to what it perceives is an “attack”] can arise . . . when we regularly ingest inflammation-triggering foods such as sugar. . . . Sugar is like fire, a source of energy but very dangerous. . . . Our bodies recognize sugar as poisonous, and therefore rapidly activate multiple mechanisms to reduce its concentration in our blood and tissues.” (*The End of Alzheimer’s: The First Program to Prevent and Reverse Cognitive Decline* 48-49)
- Our Dependence—Jesus _____ .
 - Hebrews 2:13
 - *Ministry of Healing* 249: “If in our ignorance we make missteps, the Saviour does not forsake us. We need never feel that we are alone. Angels are our companions. The Comforter that Christ promised to send in His name abides with us. . . . Those who suffer most have most of His sympathy and pity. He is touched with the feeling of our infirmities, and He desires us to lay our perplexities and troubles at His feet and leave them there.”

“I will put my trust in Him”

(Knows, Cares, sugar, sugar, Invites)