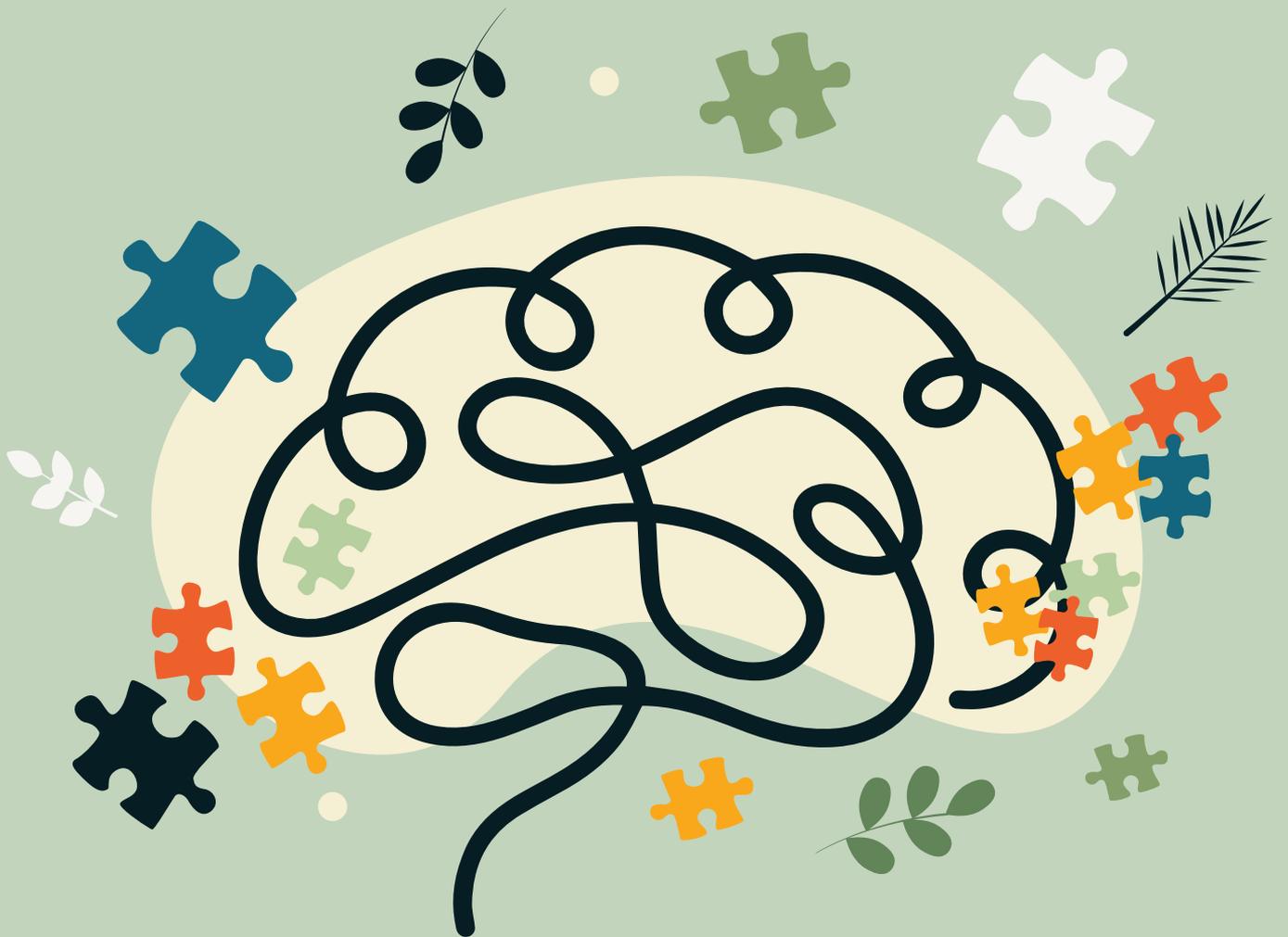


Improving Mental Health



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6 Coaching your child in constructive emotional reactions

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7 ways to improve mental health within your family

By Dr. Patricia Landry



Every member of our family finds security and comfort in the familiar ebb and flow of daily life. However, when new situations interrupt the rhythms of our life, we wonder, “How can I keep my family in good mental health through both the good times and the difficult ones?” Here are seven ways to improve mental health within your family so that you can better handle life’s curveballs.

1. Sleep

As any new parent can attest, sleep is vital to one’s mental health. Without adequate rest, our biological rhythms get out of sync. We become irritable, depressed, inattentive, and unfocused. We

struggle to regulate our emotions and drag through the day tired and grumpy.

Studies have shown that a lack of sleep can cause mental deterioration, including hallucinations. Sleep is essential to our brain’s ability to store memory, work out the stresses of the day, and to recharge our batteries. Having a set bedtime and a set time to wake up is an essential routine for our family and helps keep our biological rhythms steady. It’s also one of the best ways to improve mental health.

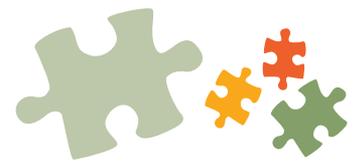
2. Contact comfort

Physical contact increases the amounts of oxytocin and dopamine

in our brains. These two brain hormones have a favourable impact on our mental health. Oxytocin, known as the feel-good hormone, strengthens the bond that binds people to one another. It enhances relaxation and trust, and promotes psychological stability. Dopamine regulates feelings of pleasure and satisfaction.

Babies find comfort in being held, rocked, and swaddled. Studies of orphan children who do not have consistent physical contact have shown that these kids suffer emotionally and psychologically.

Families incorporate contact comfort whenever they engage in



appropriate physical touch – hugs, playful wrestling, sharing back rubs, or holding hands while praying. Pets are often integral members of the family and provide both contact comfort and emotional support.

Being held is one of the ways to improve mental health in our families. We need to know who is holding us – physically, emotionally, and spiritually. One of the most significant contributions to improving mental health is a sense of belonging, which forms the basis of how we perceive our self-worth and value. Every member of our family must know that, even during the everyday chaos, we *belong*.

3. Quiet reflection and meditation

One of the ways to improve mental health within our families is to create routines that provide time for quiet reflection and meditation, both as a family and individually. Worshipping God as a family, reading the Bible together, and praying together *ground our lives*. Within the family unit, we learn how to become resilient overcomers – adept at the art of failing, but without being a failure.

We learn how to deal with conflict and to process our emotions, such as anger, grief, disappointment, and fear. We develop *emotional intelligence* through our family interactions, and that promotes healthy interactions with others.

Individual time spent journaling, memorizing Scripture, and seeking

God’s presence are some of the most valuable ways to improve mental health. They develop the fortitude within us to banish the onslaught of negative thoughts that threaten to undermine our family’s mental health.

4. Spend time outdoors

In Japanese culture, there’s the practice of *shinrin-yoku* – known as “forest bathing” or taking in the forest atmosphere. Being out in nature often engages your various senses (sight, touch, hearing, smell, taste), which can be a very grounding experience. This is a fantastic way to improve mental health among your family.

When families are active outdoors, they are also away from the siren call of technology. Cell phone signals can be hard to find the farther from home one ventures, which naturally limits screen time. Frequent exposure to screens can upset our biological rhythms.

5. Schedule a play date

Consider scheduling a family play date into your routines. Every week, plan a hike up to a waterfall, take a bike ride through the neighbourhood, or play badminton in the backyard. Unstructured play allows important time for creative self-expression, enjoying moments together, and forming childhood memories that will last a lifetime. These moments sustain us through the inevitable struggles that life throws our way. Treasure the value of play, laughter, and losing track of time.

6. Exercise

Our body is designed to move! Activity is vital for our mental health. The benefits of exercise go beyond the physical improvements in muscle strength, coordination, balance, and endurance. Playing a sport develops confidence, promotes leadership skills, and provides a sense of accomplishment. Studies have shown that for mild to moderate depression, exercise can promote as much psychological improvement as a prescription antidepressant.

7. Eat well

After all that play and exercise with your family outside, it’s important to stay well-hydrated. Your brain is much healthier when it is hydrated. Water and food are excellent fuels for our body and our brain.

In many ways, we are what we eat. Choosing nutritious food provides the best building blocks for our cells, including brain cells. Our brains rely on a steady stream of nutrients. When they’re lacking, our brain suffers. When the brain hurts, so does our mental health. We’ve all felt bad after overeating and who hasn’t become “hangry” when we missed a meal? Nutrients help our body regulate its biological rhythms with greater efficiency.

Dr. Patricia Landry is a family doctor in Easley, South Carolina. She is a member of Focus on the Family’s Physicians Resource Council and has been a member of the American Academy of Family Physicians for more than 25 years.

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Is your child overwhelmed by anxiety, fear, or worry?

By Michelle Nietert



Unfortunately, kids don't always tell us what's bothering them. Their behaviour or body language might give us clues – like fighting, fleeing, or freezing up. But it's often up to parents to figure out how to help kids share and overcome their fears.

And it's so important that we do. When fears take root, they can evolve into anxiety, depression, and even suicidal thoughts. As a counsellor, I direct parents to ways they can help their kids open up and overcome their fears. Here's how you can move in this direction:

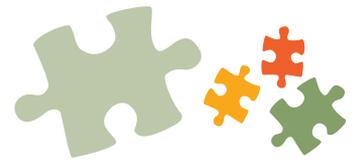
Ask nonthreatening questions: Forcing kids to talk when they aren't in the right frame of mind rarely gets the right results. But when we ask simple, nonthreatening questions, we can invite them to share.

Create unhurried connection: When our children are little, bedtime prayers, stories, Scriptures, and snuggles cultivate a peaceful ending to long days. As kids mature, we can be tempted to replace familiar bedtime rituals with a quick hug and kiss good night. But don't do it.

As kids – especially older kids – wait to fall asleep, their brains keep going. Fears and negative thoughts about themselves, their world, and their future can easily surface. So bedtime traditions can be reassuring.

School anxieties: For some kids, school is a fun place. They feel successful and embraced. For other children, school creates anxiety. Here are some conversation starters you can use to help your child open up about school-related fears:

- Is there anything about school you wish was different?
- How are you feeling about school this year? What are you excited about? What are you nervous about?
- Is there someone new in your class that we could invite over this week?
- If you have a problem at school, what could you do? Who could you tell?
- Do you ever think how God is with you, even while you're at school? How might you act differently at school if you truly believed this?
- How can I pray for you while you're at school?



Getting our children to open up about their anxieties and worries – and responding well so they keep talking – is a great start.

Changing the focus: If I sense that one of my children is really worried, we worship God through music. Worshipping God changes our focus from us to him. Sometimes we do a simple exercise where we inhale deeply – and imagine we’re “breathing in” the love of God. Then we exhale – and imagine we’re “breathing out” the worries of the world.

How to respond well when our children are overwhelmed

Even when we invite our kids to talk, they may not be in the mood to tell us what’s bothering them. Especially when our children struggle with anxiety, fear, or worry. So when they do open up, we don’t want to shut them down. In other words, how we respond can make or break the rest of the conversation. Here are some helpful tips to keep your child talking:

- **Listen attentively**, fully focused on your child. Let him see the love on your face and your genuine interest in his words.
- **Encourage eye contact.** As your child is sharing, she may look away, which may make it easier for her to talk. That’s fine. But as you respond, encourage her to look at you. When she can see in your eyes that you aren’t upset or disappointed, your response can help break any shame she might be feeling.
- **Embolden your child** to keep sharing by reflecting what you heard, such as “Can you tell me more about ____” and asking questions.
- **Normalize their struggles** by sharing stories you’ve heard or things you’ve read, or even by briefly sharing a similar struggle of your own.
- **Avoid judgmental facial expressions or comments.** You may not always realize what your facial expression is communicating or how your kids

are interpreting it. So focus on looking attentive and showing interest.

- **Avoid spouting quick fixes.** No matter how quickly you may want to react to something, breathe deeply, and count to 10, if you must, before you respond. There will be time for a discussion later. For now, force yourself to listen.

Invite God into the conversation

Getting our children to open up about their anxieties and worries – and responding well so they keep talking – is a great start. Sometimes just the act of airing what is bothering them in a safe environment is enough to cause their fears and worries to dissipate, or at least diminish in power over them.

As our kids open up to us, we also have a beautiful opportunity to broaden their perspectives to include God. Once again, use questions. Questions often engage our children in ways that help them come up with the right answer.

Try questions like these to help kids focus on how good can come out of the challenges they face: *Can you think of a Bible story in which someone faced a difficult time, but in the end God used it for good? Can you remember a time when we prayed, and God answered our prayers? What do you think God might be saying to you?*

You might be surprised at your children’s answers.

Having been a licensed professional counsellor since 1999, Michelle Nietert is the founder and owner of Community Counseling Associates.

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Teaching self-control: Coaching your child in constructive reactions

By Catherine Wilson



The book of James includes a passage on self-control that encourages believers to be “quick to listen” (James 1:19). Ironically though, well-meaning parents often make the mistake of not really listening to their upset child at all. Instead, they rush their child through intense emotions. A parent’s instinct is often to distract an angry or sad child, to get them back to a “happy state” as quickly as possible. To use a simple example, imagine a child drops their ice cream on the sidewalk. The parent responds with: “Don’t cry; you can have a cookie instead when we get home.”

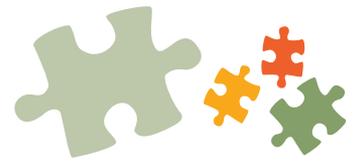
The problem with this approach is that it dismisses the child’s sadness as unimportant. Rather than acknowledging the child’s loss, the child is effectively told to “stop feeling sad.” And there’s another problem here as well: to a child, this message could

imply that feeling sad is bad or uncomfortable, and something to be avoided at all costs.

When you apply good listening skills, you offer your child something else entirely – something that research shows is far more effective: you are offering *empathy*. Your empathy makes all the difference, because your child knows their feelings have been *heard and understood* by the person who matters most in their whole world: their parent.

In the lost ice cream scenario, here’s how a better, more empathetic parenting script might play out: “Oh dear; I can see that you’re sad that you lost your ice cream.” [Parent identifies the emotion, giving it a label.]

[Parent continues] “I would be sad too if that



happened to me.” [Parent validates the emotion; shows it’s okay to be sad.]

“You’d been looking forward to that ice cream for so long. You must be really, really sad. Am I right?” [Parent invites the child to talk about how they are feeling.]

Notice that the parent didn’t rush in to fix the problem. With empathetic listening, the parent engages the child in unhurried dialogue, allowing time for the child to *experience and express* their emotion, and for the parent to respond with *understanding and empathy*. All the while, the parent watches the child for clues that the child is comforted and ready to consider how to move on. Once the loss has been fully acknowledged and some tears shed, the parent might simply ask: “How can I help you feel better?”

The child in our example scenario internalizes a message that’s far more profound than a discussion about ice cream. The message is this: *My parents understand me; they want to talk about my emotions and they won’t brush off my feelings or make me feel embarrassed about them. I can trust my parents to help me deal with my emotions.*

Exploring solutions together

Plenty of parents are good at listening well and showing empathy as their child expresses their hurt, anger, or frustration. But suddenly, at this critical juncture, many parents stumble. To teach self-control, we need to help our child eventually get *beyond* the question, *What am I feeling?*, to carefully consider, *What do I need?* This is the crucial gameplay that moves a child from feeling *overwhelmed*, to feeling *empowered* to make positive change.

Here, parents must play *coach*, not dictator. Our role is to help our child sift through various options. The final choice – how to act on their feelings – must be made by the *child*.

With older children, rushing in to offer a solution short-circuits the process of fully “feeling their

feelings” alongside them, and denies the child that all-important opportunity to come up with their own solutions. It’s best for parents to ask open-ended questions like “What do you think you’ll do?” As you talk together, you can gently help your child explore the likely outcomes of his or her suggestions, both good and bad.

If your children are younger, you’ll likely be modelling and coaching self-control for several more years before your children are able to come up with good management strategies of their own. In the meantime, you can give them a strong start in managing their emotions by intentionally teaching some positive responses to intense feelings.

For example, if your child feels tired, they can take a nap, read a book, or snuggle with stuffies. If they feel angry because they’re hungry, they can ask for a snack. If they feel worried, they can ask to pray with Mom or Dad.

The importance of follow-through

Be careful to follow through so issues don’t go unresolved. Retiring to his or her room to read a book may do wonders for your child’s attitude and behaviour, but don’t let them skip making amends with a sibling later.

As you can well imagine, it takes considerable time and focused attention to work through noticing and identifying your child’s emotion, empathizing, and exploring solutions. In many instances, you simply won’t have the time, energy, or calm state of mind required to lead your child through all these steps. In less-than-ideal circumstances, don’t feel pressured; just deal with your child’s intense emotions as best you can. But promise your child that you’ll make time later to discuss the incident. Make good on your promise, discussing the child’s feelings and guiding them through positive strategies for dealing with the situation next time.

Catherine Wilson is an associate editor at Focus on the Family Canada.

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How to help teens with anxiety

By John Thurman

Let's be honest: all teens experience some anxiety at times. Anxiety comes from a crazy mix of adrenaline and cortisol as a reaction to stress. And most of the time, the stress and anxiety may feel intense, but often, it can be helpful.

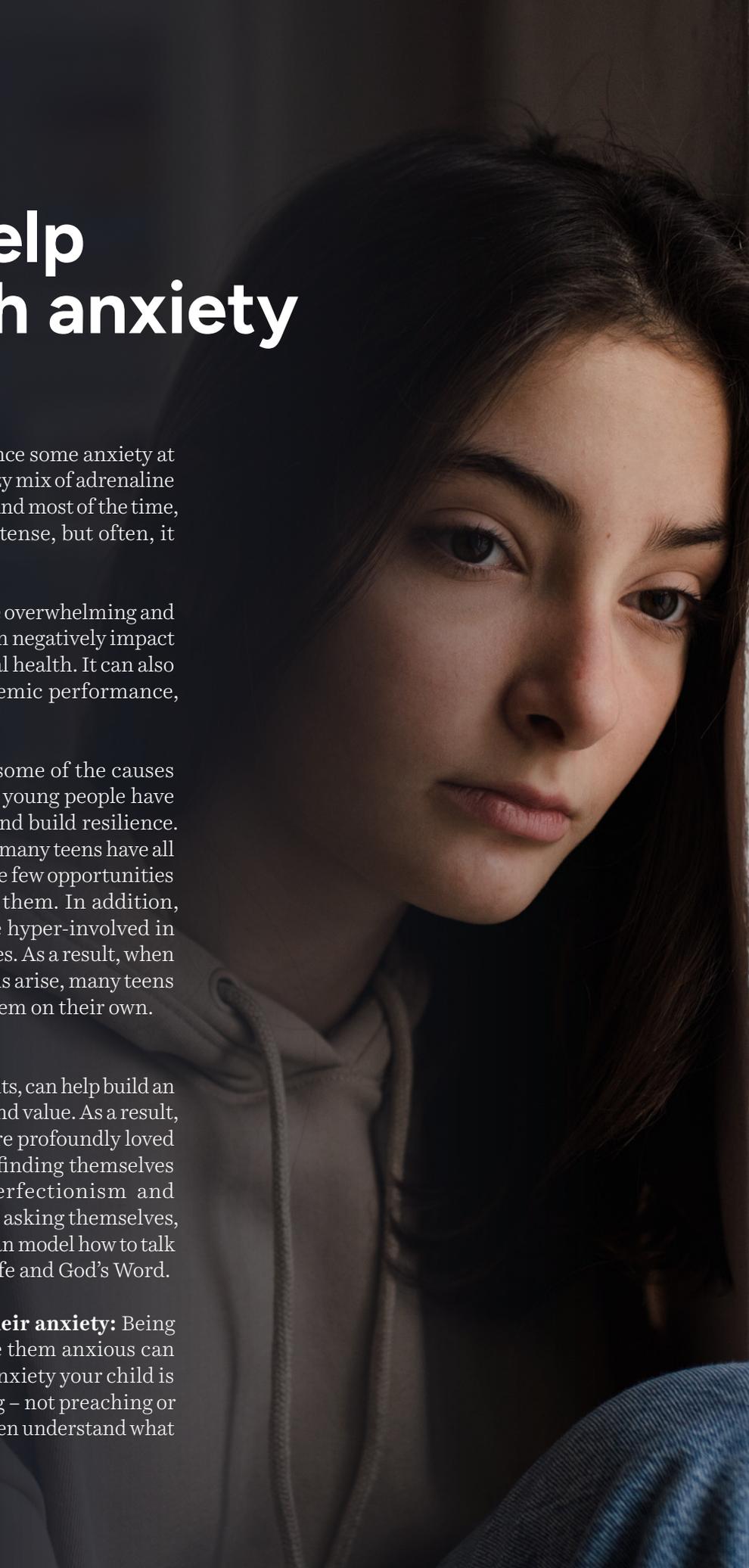
For some teens, anxiety can become overwhelming and intrusive. When that happens, it can negatively impact their physical, mental, and spiritual health. It can also hamper their relationships, academic performance, and day-to-day living.

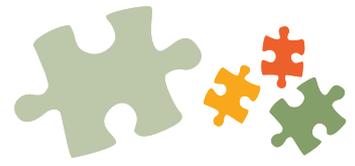
As we look behind the curtain at some of the causes of anxiety, the reality is that many young people have too few opportunities to practise and build resilience. More than in previous generations, many teens have all their basic needs met, and they have few opportunities to make mistakes and learn from them. In addition, in some communities, parents are hyper-involved in their teens' academic and social lives. As a result, when uncomfortable or difficult situations arise, many teens don't have the skills to deal with them on their own.

Action plan

Parents, along with other caring adults, can help build an environment based on self-worth and value. As a result, teens find security knowing they are profoundly loved and accepted by God, rather than finding themselves caught in the twin traps of perfectionism and performance. Teens are constantly asking themselves, "Am I good enough?" As adults, we can model how to talk about anxiety and fears from our life and God's Word.

Encourage them to talk about their anxiety: Being able to talk about things that make them anxious can drastically reduce the amount of anxiety your child is experiencing. Talking and listening – not preaching or advice-giving – help you and your teen understand what





is going on. When you can gain an understanding of your child's issue, you can help them manage their anxiety.

Acknowledge their feelings: Be supportive, not controlling. Your teen's anxiety is natural, even if what they are anxious about is unlikely to happen. This means that it is essential to acknowledge their anxiety while at the same time letting them know you are confident they will be able to handle it. Our goal is to raise resilient children. Avoid saying something like "try not to worry." When you respond that way, they may hear that worry is not a valid feeling. Instead, let them know you understand their feelings and believe in them. Acknowledge and encourage brave behaviour.

Help them become more resilient by learning how to handle challenging situations. Have conversations where you discuss responses to challenges your teen will face. Acknowledge that some situations will be anxiety provoking, but keep them in proper perspective.

Clear the lines of communication about their life, and anxiety: Talk about specific situations and encourage them to look at ways to solve their problem or mitigate the situation. Rather than avoiding their anxieties, help your teen face them and develop coping skills. One of the easiest things to do is help your child set a small goal for things they might be anxious about.

The first and most important thing you can do is model for your kids healthy ways of managing anxiety. Anxious parents might verbalize their worries to their kids, who then take those worries and concerns as their own. Our kids learn that certain situations lead Mom and Dad to become anxious, which can leave the kids not only feeling their parent's anxiety but also acting it out.

Five proven ways you can be an encourager

1. Teach the benefits of positive self-talk. For example: "I can handle this. I've been in scary situations and have gotten through them." (Read Philippians 4:13.)

2. Demonstrate how to be self-compassionate, to appreciate your (and their) uniqueness. For example: "I might do my task differently than other people. This is what works for me." (Read Mark 12:30-31.)
3. Promote assertiveness. How often have you wished you had asked a question about a given situation? If your teen is stuck, let them know it is entirely okay to be assertive and say, "I need some help with this." (Read James 1:5.)
4. Pray encouraging prayers with, and over, them. (Read 1 Thessalonians 5:16-17.)
5. Learn the "biblical mindfulness" principle to help your teen calm their mind. (Read 2 Corinthians 10:5.)

Helping your kids feel safe and secure

Part of our job as parents is to build resilience and self-confidence in our teens and help them recognize their ability to solve problems independently. When our kids feel safe and secure, their resilience muscles become more robust, and they can more effectively deal with the ups and downs of adolescence.

What you can do

- Investing time with your teen, preparing meals together, going for walks, and doing exclusive events with them. Try having a particular date with Mom or Dad or with other family members.
- Having routines and other family rituals can help children feel safe and secure.
- Being involved with a local body of believers with a healthy youth group can significantly improve your teen's sense of safety and security. In addition, as they grow up around other believers, they can experience the benefits of belonging to a caring community.

Know when it's time to get help

If you suspect your teen's anxiety may be getting out of control, this would be a great time to seek professional help.

John Thurman is a licensed mental health professional, speaker, author and podcaster, helping people become resilient in their personal lives, relationships, business endeavours and in their faith. See JohnThurman.net

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5 steps to developing your emotional intelligence

By Amy Van Veen



Do you ever feel as though your emotions get the best of you? Your spouse says something that pushes a button and you can feel your heart rate go up. When that happens, and your emotions are in charge, it can seem impossible to regain control and calm yourself down. But good news! It *is* possible!

We can learn to navigate our heightened emotions and strengthen our emotional muscles in order to become more resilient in those moments. The science of neuroplasticity has shown that you can actually train your mind to bounce back from situations that normally trigger you so that *you* are in the driver's seat, not your emotions.

This resilience – this ability to “bounce back” – is what experts refer to as “emotional intelligence.”

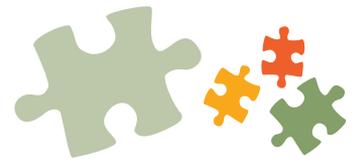
It is not something that we're naturally good at or born with; it's a skill like any other that's learned, that can mature, and which can be improved. The benefits of becoming emotionally intelligent go beyond your own mental and emotional health – this skill will also make all the difference in your marriage.

5 steps of the Care Cycle

In the Hope Restored program, Focus on the Family Canada's marriage therapists help couples develop their emotional intelligence by teaching them the five steps of what's called the Care Cycle:

1. Aware

First, learn to be aware of *when* you are feeling something. You may not know what the feeling is, but you can sense your body responding to a difficult



emotion. When this happens, give yourself space to find comfort, clarity, and objectivity.

This may require you to physically remove yourself from what's triggering you – such as a conflict with your spouse – and giving yourself at least 20 minutes to calm down. It may be focusing on your breathing, drinking water, going for a jog, taking a shower, or having a cup of tea. Whatever it is, find a healthy outlet that calms you.

2. Accept

“If my heart is wounded, it's my job to care for it,” marriage therapist Vicki Hooper explains. “The thought of looking beneath the surface at our hearts can be frightening, especially if we are used to ignoring our feelings. But God has given us feelings as information – like our own early warning system; they signal to us that something important is going on with us and we need to attend to it. If we ignore them, we will find other things in our life are affected.”

When we accept what we're feeling is true and real, and then courageously look at the cause, we can start to calm down. If we *stay* in a stressed state without accepting and addressing the root causes of our emotions, then we are at risk of causing harm to ourselves and to those we love.

3. Allow

As Christians, we have the unique gift of a personal God who is attentive and desires us to live healthy, holy lives. In Scripture we're told to submit ourselves to God (James 4:7), to come near to him and he'll come near to us (James 4:8), and to humble ourselves before God and he'll lift us up (James 4:10).

God is for you and desires to be invited into what you're feeling. This step of allowing God into our process is incredibly valuable. It may even be helpful for you to have the following verse saved on your phone or posted in your home to help you remember this crucial step:

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous

way in me, and lead me in the way everlasting!” (Psalm 139:23-24)

4. Attend

Now that you've identified what you're feeling, you're aware of it, you've accepted it, and you've allowed God into it, you can start to regulate your emotions. Ask yourself if this feeling is familiar, if you're amplifying it, or distorting it. Pray and ask God to reveal to you what the truth of the situation is, not what you perceive the truth to be.

This process of perceived truth – especially when we're in a stressed state – is what Judith E. Glaser refers to as making “movies” or “stories” in her book *Conversational Intelligence*. “When what we say, what we hear, and what we mean are not in agreement,” she writes, “we retreat into our heads and make up stories that help us reconcile the discrepancies.”

Part of attending is being able to set those perceived truths aside in order to take ownership for our part in what we're feeling and take steps to be more resilient.

5. Act

This process of personal reflection and self-regulation is what enables us to connect with others. If you are not emotionally intelligent and you are constantly stuck, you are incapable of intimately connecting with your spouse. When you are able to go through this Care Cycle process and choose to *respond* instead of *react*, you can show empathy and improve your relationship with your spouse.

Taking ownership of your emotional well-being and continually finding ways to develop your emotional intelligence enables you to be a whole person. The sooner you take responsibility for your emotional health – as well as your mental, physical, and spiritual health – the sooner you will be able to encourage your spouse to meet their own needs and develop their own emotional intelligence.

Amy Van Veen is Director of Content and Creative Services at Focus on the Family Canada.

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The antidote to worry

By Lee Strobel

Our tendency to get mired in anxiety goes far beyond major news events. One psychologist called worry “one of the most urgent problems of our day.”

Sometimes worry can be good for us – for example, when it’s “productive worry” that prompts us to take prudent steps toward solving a problem. But when worry runs amok, it can lead to depression, digestive disorders, coronary artery disease, and heart attacks.

Fortunately, Christians recognize worry for what it is: *spiritual amnesia*. In other words, we get anxiety-ridden over our future because we have forgotten God’s track record of helping us in our past.

We see an example in Mark 6, where Jesus wants to feed 5,000 people. The disciples panic because they’re in a desolate location and they moaned in Mark 6:37 that it would take a fortune to buy food for everyone.

They had forgotten how Jesus had repeatedly demonstrated his miraculous power over nature, sickness, and death. If they had remembered that, they wouldn’t have been so nervous about him being able to feed 5,000 people – which he ended up doing with a few loaves of bread and fish.

Here’s the kicker – just two chapters later, Jesus wants to feed another crowd of 4,000 people. Do the disciples keep their cool and say, “We remember how you got us out of that jam the last time!” No, instead they worry – a classic case of spiritual amnesia!

We think, “How can the disciples forget so easily?” But then we stop and realize, “What about me? How often do I get mired in worry because I’ve forgotten God’s faithfulness through the years?”

The Bible gives a prescription for overcoming spiritual amnesia. Philippians 4:6-7 tells us to pray a specific kind of prayer – one that includes giving thanks: “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

So we practise what author Don Baker calls “Thank You Therapy.” We thank God that he knows all about our individual situation and wants the best for us. We thank him for his promise that he’ll meet our needs. We thank him that he will cause whatever happens to his followers to work for our



We thank God that he knows all about our individual situation and wants the best for us.



greater benefit. We enumerate the ways he has come through for us in the past and we thank him for those.

We thank him for his promise that he will never desert us. We thank him that he intervenes in our circumstances at exactly the right time and in exactly the right way to accomplish exactly what he wants to accomplish.

Can you see what this achieves? First, we're appropriately honouring God for who he is and what he does. Second, we're refocusing our thinking. Instead of dwelling on our worries, we're reminded of his power, his promises, and his commitment to us. And that helps get us on the path toward solutions. But some people wrestle with a specific kind of worry. They're unsure where they stand with God, and the current crisis has exacerbated that concern. If they were to die, they lack confidence they'll spend eternity with God in heaven.

Clearly, God doesn't want anyone to be apprehensive over this. The apostle John says in 1 John 5:13: "I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."

John spells out the formula for faith in John 1:12: "But as many as received him, to them he gave the right to become children of God, even to those who believe in his name."

So the equation is:

Believe + Receive = Become.

If you *believe* Jesus is who he claimed to be – the unique Son of God who overcame the grave – and you *receive* his free gift of forgiveness and eternal life in a sincere prayer of repentance and faith, then you can be certain that you have *become* God's child.

Now *that's* another promise worth thanking him for!

If you've never prayed to receive Christ, do it right now, and then have confidence that you are safe in his arms – forever!

A former atheist, Lee Strobel is now a well-known apologist for the Christian faith. He is also a popular public speaker and an award-winning, New York Times bestselling author of more than 20 books. Lee worked as a professional journalist for several newspapers and now serves as Professor of Christian Thought at Houston Baptist University.

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ADDITIONAL RESOURCES AND INFORMATION

BOOKS for ADULTS

Reset

BY DEBRA FILETA

(C04675B)

Emotional Confidence

BY ALICIA MICHELLE

(C05034B)

All the Feels

BY ELIZABETH LAING THOMPSON

(T00306B)

Changes That Heal

BY HENRY CLOUD

(C04382B)

Cultivating Deeper Connections
in a Lonely World

BY BECKY HARLING

(C05021B)

Healthy Me, Healthy Us

BY DRs. LES AND LESLIE PARROTT

(C04890B)

BOOKS for TEENS

The Common Rule Youth Edition

BY JUSTIN WHITMEL EARLEY

(C05205B)

All the Feels for Teens

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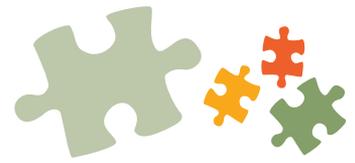
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