



What % of people have mental health?



A group of people are seen from behind, sitting on a balcony or rooftop. They are looking out over a cityscape. In the background, a large, prominent domed building, likely a cathedral or church, is visible. The sky is overcast. The text is overlaid on the image.

Emotional Resilience:

“The ability to bounce back and adapt in the face of challenging circumstances, whilst keeping mental stability.

Resilience is not a personality trait. It's something we can all take small steps to achieve.” *Mind*

**“In this world you will have trouble.
But take heart! I have overcome the world”**

John 16:33



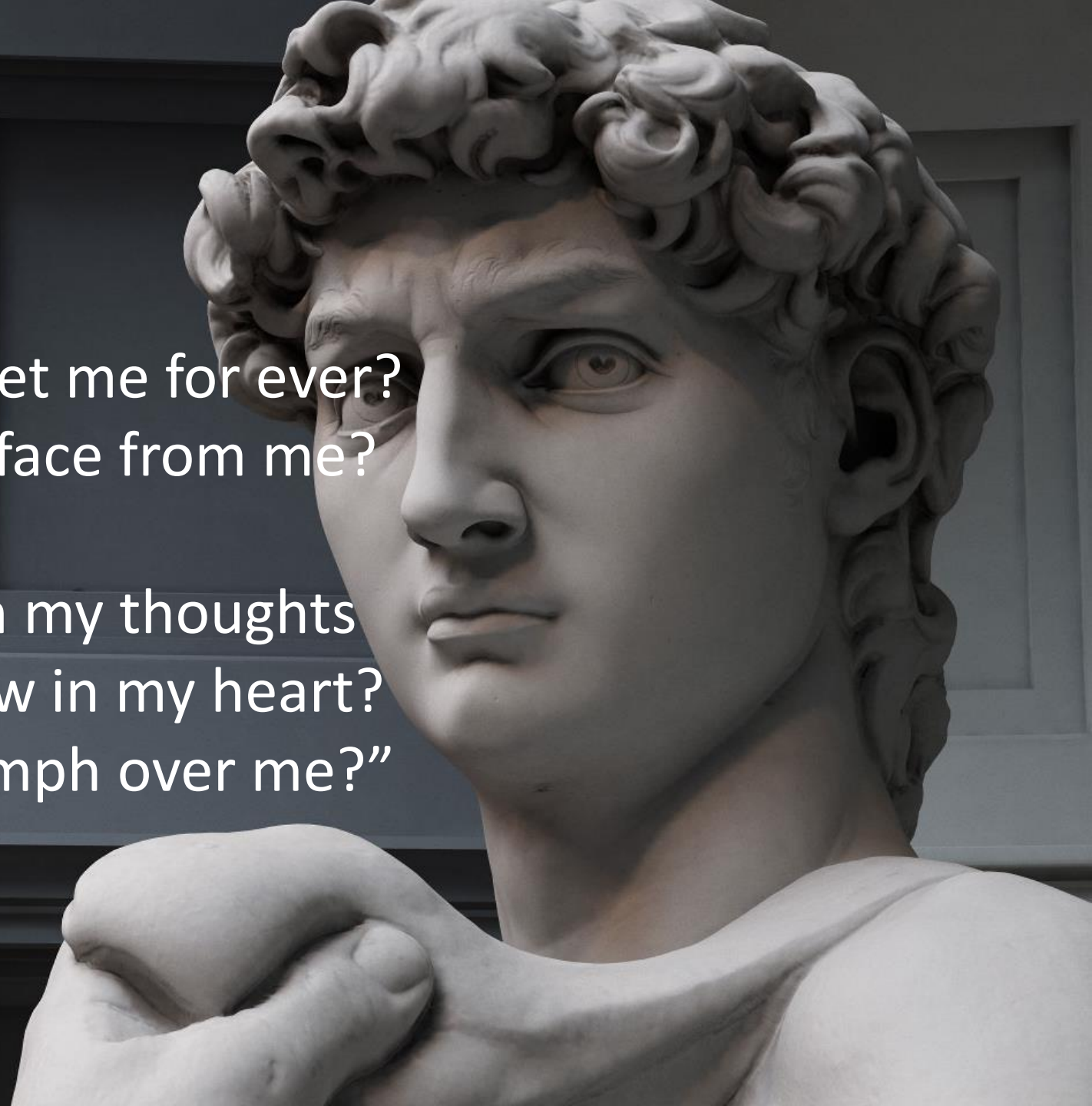
PSALM 13



PSALM 13

¹ How long, LORD? Will you forget me for ever?
How long will you hide your face from me?

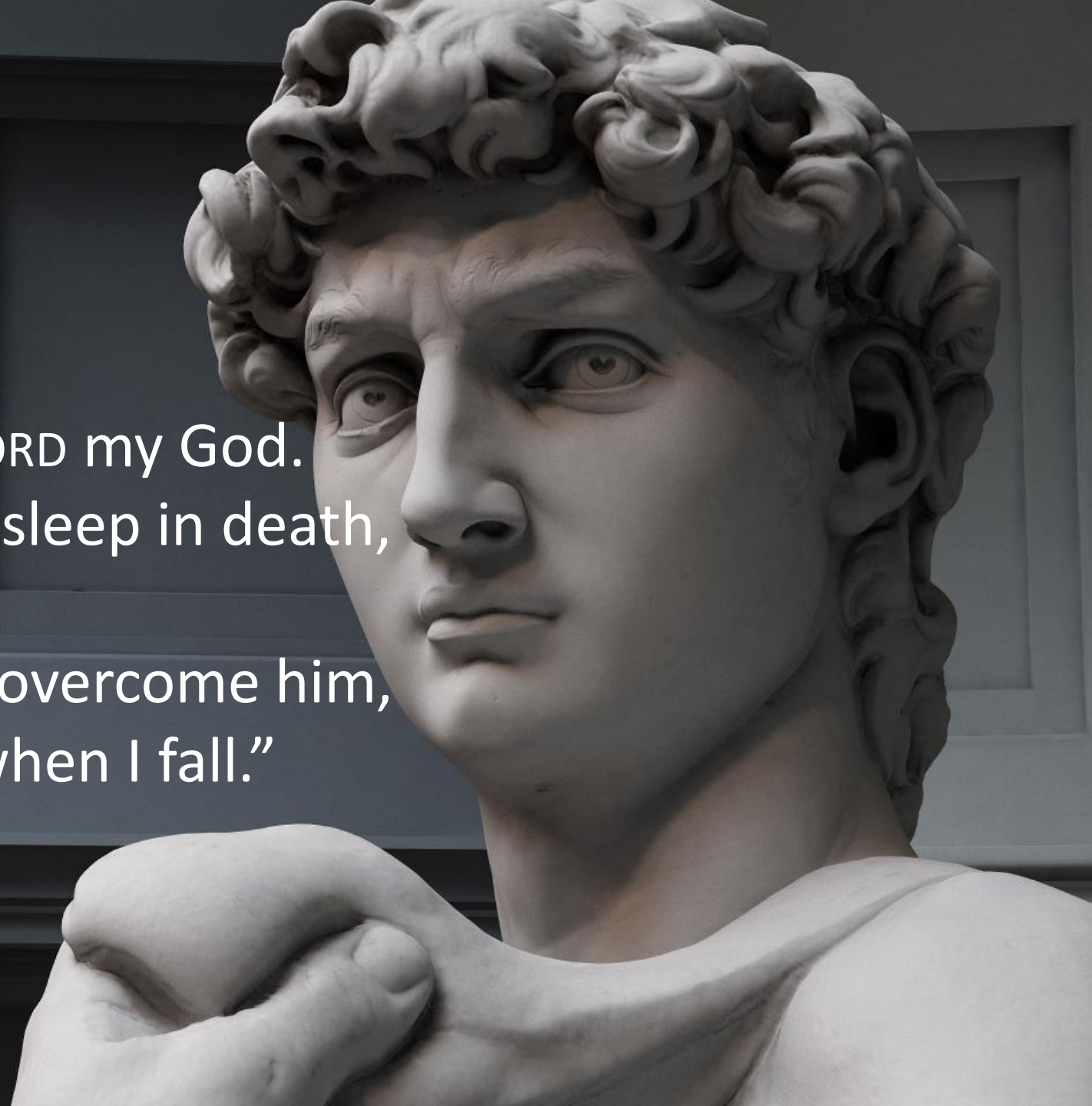
² How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?"



PSALM 13

³ "Look on me and answer, LORD my God.
Give light to my eyes, or I will sleep in death,

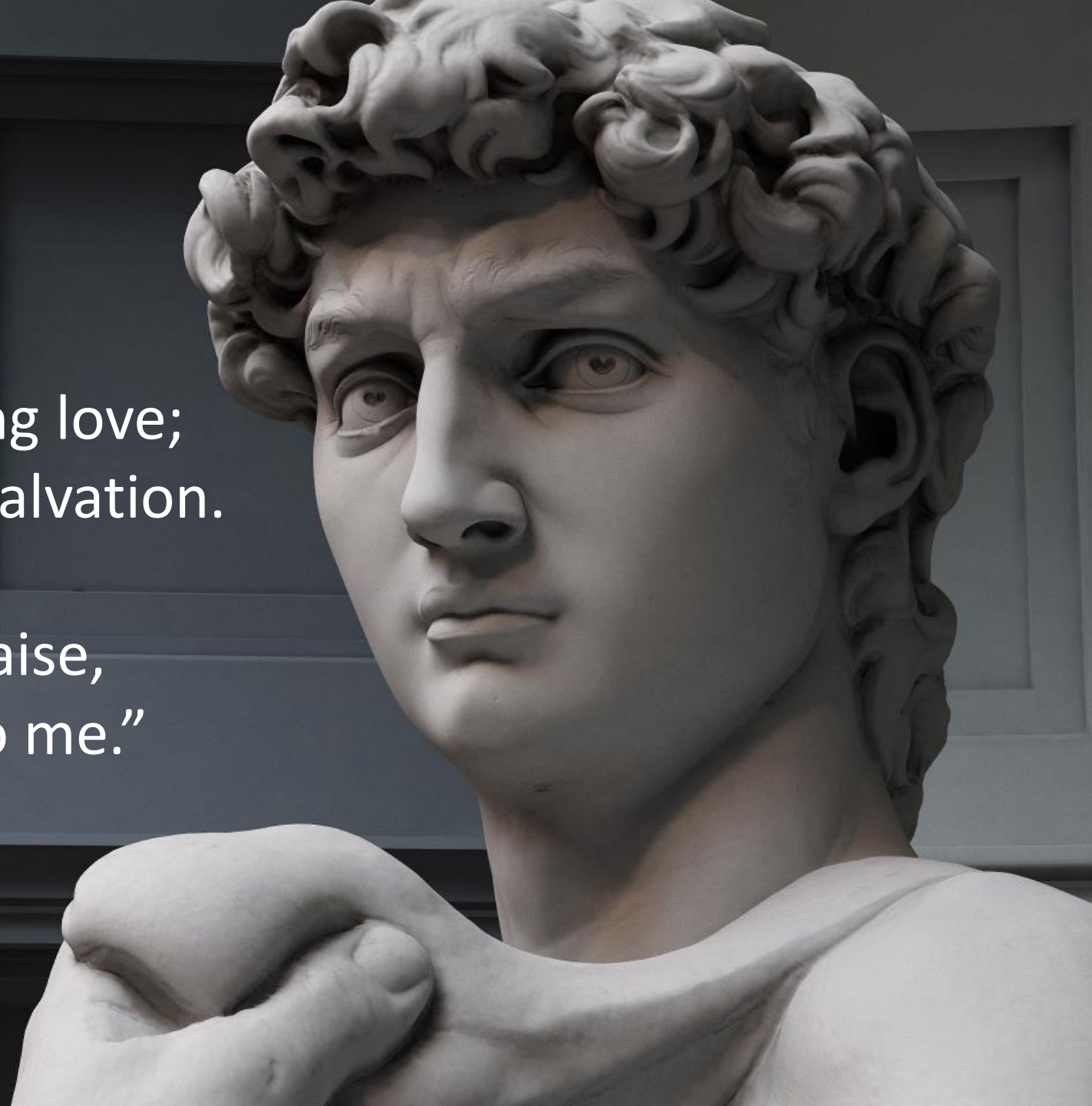
⁴ and my enemy will say, 'I have overcome him,
and my foes will rejoice when I fall.'"



PSALM 13

⁵ "But I trust in your unfailing love;
my heart rejoices in your salvation.

⁶ I will sing the LORD's praise,
for he has been good to me."



A photograph of a garden path. The path is made of gravel and leads into the distance. On the left side of the path, there are various green plants and shrubs. On the right side, there are more plants and a large, gnarled olive tree with a thick trunk. In the background, there is a stone wall with a crenelated top, and behind that, a hill with a large dome and other buildings. The sky is bright and hazy.

1. LET IT OUT

2.

3.

4.

5.

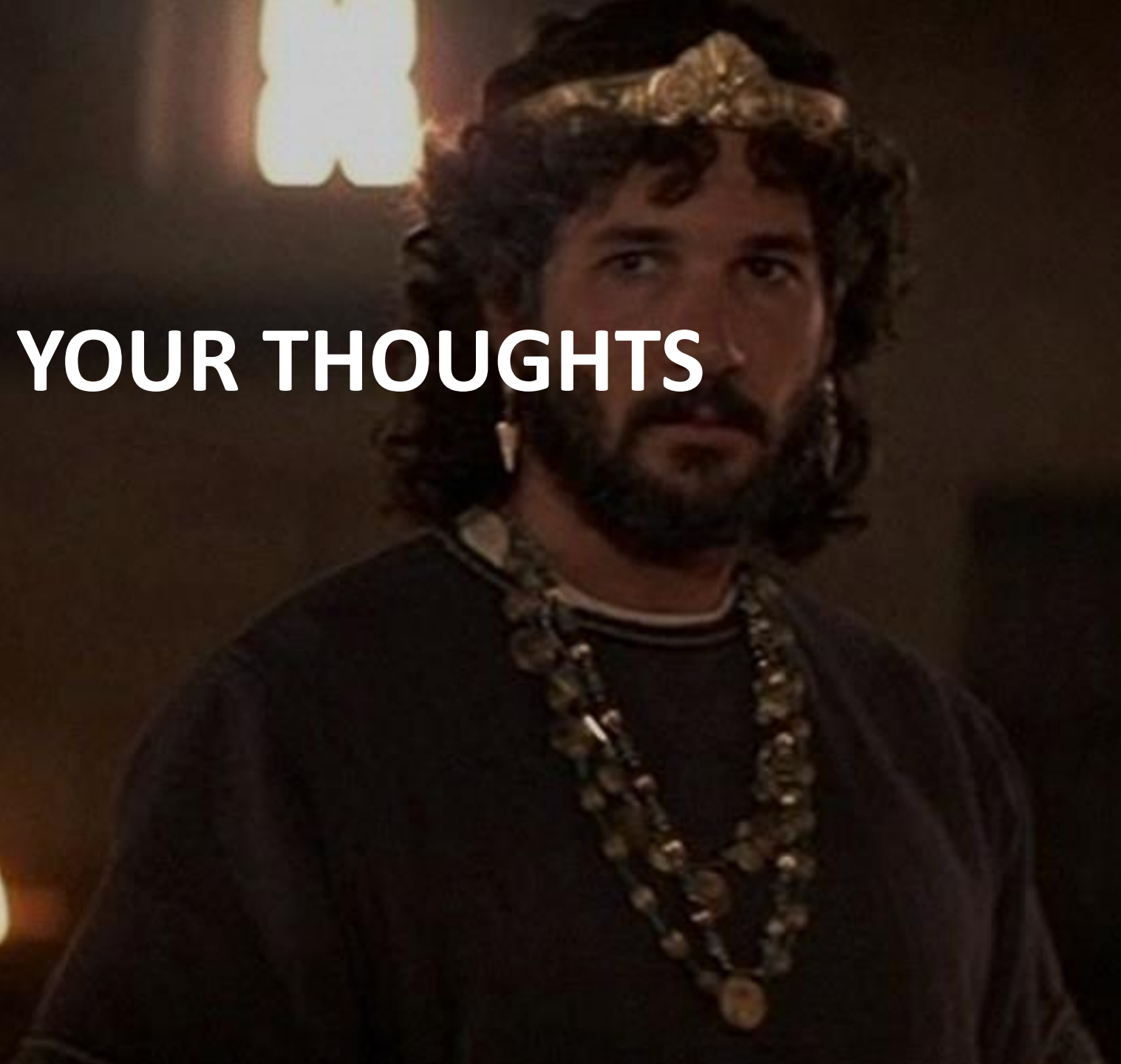
1. LET IT OUT

2. CHALLENGE YOUR THOUGHTS

3.

4.

5.



1. LET IT OUT

2. CHALLENGE YOUR THOUGHTS

3. DON'T DO IT ALONE

4.

5.





1. LET IT OUT

2. CHALLENGE YOUR THOUGHTS

3. DON'T DO IT ALONE

4. REST WELL

5.

A group of women, likely a choir or church group, are shown from the chest up. They are wearing maroon robes with black collars and cuffs. The woman in the foreground is singing with her mouth open and hands raised in a gesture of praise. Other women in the background are also singing and clapping. The lighting is warm and focused on the group.

1. LET IT OUT

2. CHALLENGE YOUR THOUGHTS

3. DON'T DO IT ALONE

4. REST WELL

5. TAKE BACK JOY

1. LET IT OUT

2. CHALLENGE YOUR THOUGHTS

3. DON'T DO IT ALONE

4. REST WELL

5. TAKE BACK JOY



“Though you have to put up with every kind of aggravation in the meantime. Pure gold put in the fire comes out of it *proved* pure. Genuine faith put through this suffering comes out *proved* genuine,” **1 Peter 1:6-7**

