

# THE LITERATURE EVANGELIST

january-march 2018

Who are we and  
why are we here?

FOODS FOR  
THE BRAIN

7  
Habits to  
Preserve  
Mental  
Health

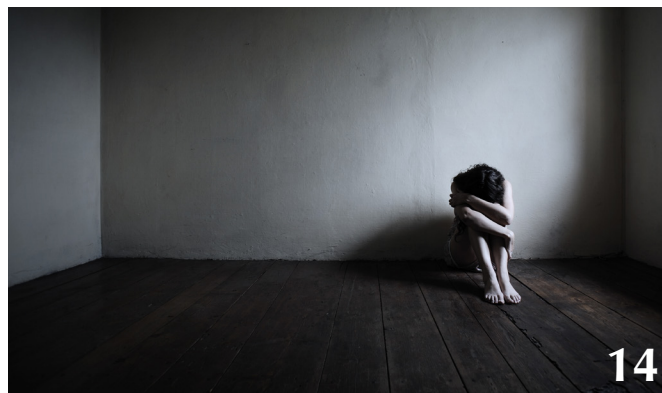


AWARENESS  
WELLNESS  
THERAPY  
BENEFITS  
RISK  
RESEARCH  
GRIEF  
STIGMA  
WORRIED  
RELATIONSHIPS  
TRAUMA  
IQ  
POSTPARTUM  
CRISIS  
PSYCHOLOGY  
SUICIDE  
POST-TRAMATIC STRESS  
PSYCHOLOGICAL  
EMOTIONS  
DRUGS  
COGNITIVE  
ATTITUDE  
TREATMENT  
DEPRESSION  
CLINICAL  
BIPOLAR  
STRESS  
ANXIETY  
GENETIC  
PHOBIA

FOOD FOR  
THOUGHT

# THE LITERATURE EVANGELIST

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react

# MENTAL HEALTH

## THE FACTS

**20%**  
OF THE WORLD'S  
CHILDREN AND  
ADOLESCENTS HAVE  
MENTAL DISORDERS OR  
PROBLEMS



**ABOUT  
800,000  
PEOPLE  
WORLDWIDE  
COMMIT SUICIDE  
EVERY YEAR**



**GLOBALLY, MORE THAN  
300 MILLION  
PEOPLE OF ALL AGES  
SUFFER FROM  
DEPRESSION**



**BY  
2020  
DEPRESSION  
WILL BE THE MAIN  
CAUSE OF DISABILITY  
WORLDWIDE**



**WAR  
AND DISASTERS  
TEND TO DOUBLE  
THE RATES OF MENTAL  
DISORDERS**



**EVERY  
3 SECONDS  
A NEW PERSON IS  
DIAGNOSED WITH  
DEMENTIA**



Data retrieved from the World Health Organization.

What steps can you take to assist someone who is mentally distressed? Let us know on Facebook or Twitter.



# FOOD FOR THOUGHT

Perhaps you knew what was happening, or maybe you didn't. One thing was certain: you were bothered by the fact that you couldn't concentrate on anything you were doing, couldn't sleep very well, lost your appetite most of the time, or on occasions had heart palpitations and were out of breath. Sometimes you even got dizzy from hyperventilating. You had no idea what was going on. Or maybe you suspect that you're experiencing anxiety attacks! But no, not you! You're a Christian! But the symptoms are there. You're not at peace. A lot is racing through your mind. What do you do about it? Maybe if you ignore it, or even pray over it, it'll go away.

It could be that you do not recognize it for what it is, or maybe you're denying it. *This happens only to other people. Not me!*

Most people know what to do when experiencing a physical ailment. They know what to take for a cough, stomachache, fever, etc. Unfortunately, very few know what to do when experiencing a mental ailment such as stress, anxiety, or even depression. Thus, the inability to deal with it.

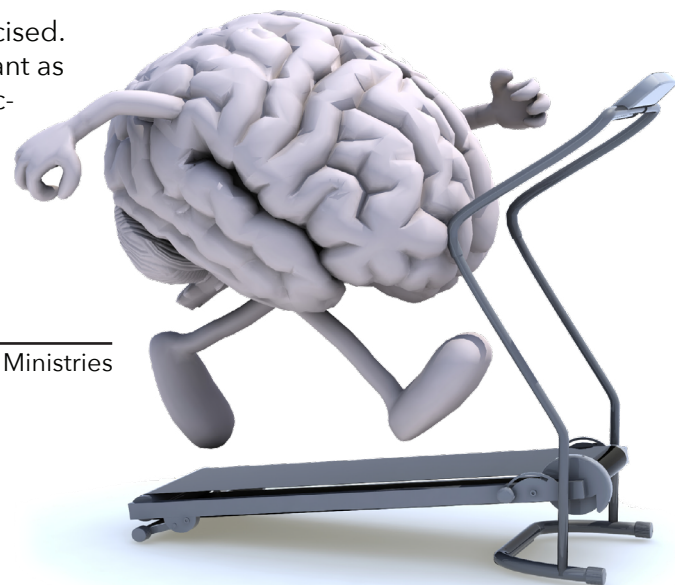
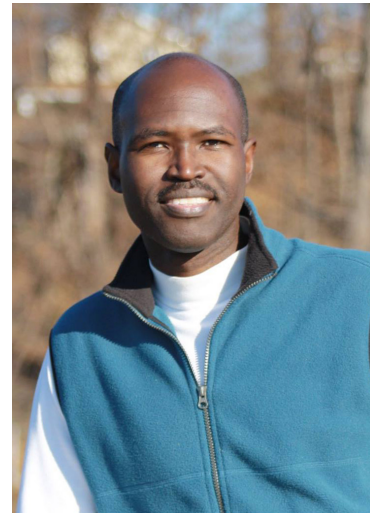
Failure to recognize the signs, or even denying the existence of a mental illness in one's own life or in a close family member, causes only more harm in the long run. The societal stigma associated with any kind of mental ailment, whether environmentally induced or genetically transmitted, deters many from seeking or accepting help. Any form of mental illness is regarded as an anathema. You can't "air dirty linen in public."

After grappling with the above on both an individual and a family level, I learned to recognize mental ailment when I came across it. It is important to accept that no one is beyond mental ailment. Just like any other disease, it can be managed or cured. We need to accept that our brain needs care just as does any other body part. Disregard for health laws can result in illness of the central nervous system.

Our brains need to be fed, rested, and exercised. Positive thoughts and actions are just as important as nutritious food. We need to evaluate our practices and habits, as well as our financial, social, and spiritual goals, as part of our path to wholeness. Neglecting the brain's health is neglecting the core of what makes us who we are and why we're here.

Food for thought.

**Stephen Apola** is a General Conference Publishing Ministries associate director.



1-3. The Northern and Southern Zambia unions held their first literature evangelist (LE) congresses in Kitwe and Livingstone, respectively, in December 2017. This was their first congress since being split into two unions. Each congress was attended by more than 150 LEs. Facilitators included officers from both unions, General Conference Publishing Ministries director and associate director, and Southern Africa-Indian Ocean Division and union Publishing directors. One day was set aside during each congress to distribute missionary books in the streets of Zambia. More than 3,000 books were distributed.



4. About 150 health professionals attended a Family Health Consultant (FHC) training program held in Spain. The program, coordinated by Esteban Grigol, Spanish Union Publishing Ministries director, intended to recruit at least 12 to 15 new LEs from the group of physicians, nurses, and other medical professionals. The lectures were conducted by Tercio Marques, South American Division Publishing director, and Marcelo Niek, a Brazilian physician. Also present were Almir Marroni, GC Publishing director, and Mario Martinelli, Editorial Safeliz president. The FHC program aims to encourage health professionals to dedicate time to LE work by using a different approach, providing guidance on health issues to the people they canvass. This is one of the most effective canvassing methods that can be used to accomplish mission to the cities.

5. A Think Big training was conducted for a group of students from the Southeast Brazil Union in the state of Rio de Janeiro.

6. The West-Central Africa Division president, Elie Weick-Dido, shares missionary books in Abidjan, Côte d'Ivoire.





Peter N. Landless

# Is There Hope?

“We have been created—hardwired, as it were, for connection with God, and for supportive relationships.”

**M**ental health disorders are increasing globally. They are now the number-one cause of disability and illness. Globally, one in five adults experience mental illness in a given 12-month period. Twenty-nine percent of the global population will experience mental illness at some stage of their life—almost one out of three—and this number is always increasing. This surge has been fueled by ignorance and stigmatization. Every 40 seconds somebody commits suicide somewhere in the world; this

tragedy is even more disturbing when one realizes that the majority of those suicides are occurring in those aged between 15 and 29 years!

Worldwide 350 million people suffer from depression. Depression alone is set to be the leading cause of the disease burden by 2020! What is depression? Depression is persistent sadness that interferes with one’s normal activities and lasts for more than two weeks. Depressed individuals lose their motivation, have sleep disturbances, have chronic pain and appetite changes. Depressed people may neglect their physical

appearance, and withdraw and isolate themselves from friends and family. Thoughts of futility and even suicidal ideas may follow.

In this world there is much anxiety. There is worry and concern about war, displacement of population groups and refugees, economic problems, poverty, and joblessness, as well as natural disasters, which are increasing in number and severity. Anxiety results in sleepless nights and troubled, unhappy days. Stressed people are short-tempered—aggression increases, assaults, shootings, and road rage increase in parallel.

In order to numb the pain of emotional turmoil, many turn to alcohol, tobacco, and so-called recreational drugs, unleashing further devastation. People then become caught in the shackles of addiction, with all its consequences of mental, physical, emotional, social, and financial destruction, and often even death. Addictions are particularly rampant wherever there is instability, including political upheavals and war; socioeconomic disasters and disparities also contribute to the ever-increasing problem of addiction worldwide. This has seen the decrease of life expectancy in males in the USA for the first time in decades through addiction, overdose, and suicide. These problems are real and very serious globally!

Is there hope? One of the first steps in approaching this grave problem of mental and emotional illness is to acknowledge that it exists! For too long we have been deafened by the silence! I salute the publication of a useful, easy-to-read, helpful, and affordable book that can be widely distributed, and help in both the education about and destigmatization of mental health problems. The book *The Power of Hope* is a timely and helpful resource. In an understandable way, it focuses on the common mental and emotional health issues. Julian Melgosa addresses the problems wholistically, incorporating the multidimensional aspects of the human state—mental, physical, spiritual, social, and emotional. The reader can more readily recognize some of the common problems, is encouraged to seek professional help, and is made aware of the importance of lifestyle along with counseling, and at times medication, in achieving wholeness despite our brokenness.

Yes, there is hope! We have a loving, forgiving heavenly Father who cares and is able to remove our guilt and quiet our anxiety. We have been created—hardwired, as it were, for connection with God, and for supportive relationships with our fellow travelers on life’s often-difficult journey. The reader is encouraged to adopt a lifestyle that will promote and sustain health of body, mind, and spirit—better eating and regular exercise, adequate sleep, drinking pure water and avoiding tobacco and alcohol. Healthy relationships with fellow humans and with God are emphasized. Blend all these with a good helping of faith and optimism, and by God’s amazing grace, we do have hope!

**Peter N. Landless** is the Health Ministries director for the General Conference of Seventh-day Adventists.



# Who Are We AND WHY ARE WE HERE?

Anne Woodworth

**T**he right book at the right time can indeed save a life. If you're a literature evangelist, you probably already know this. I know it too, because it happened to me.

## A midlife crisis

By the summer of 1998 I had achieved all the world says will make us happy and successful in life. Yet I just wanted to die. I felt my life had no purpose, no point to it all. I was asking myself, "Who am I and why am I here?" But I had no answers.

My state of mind was similar to that of the Preacher, who wrote, "I have seen all the works that are done under the sun; and indeed, all is vanity and grasping for the wind" (Eccl. 1:14, NKJV).

My despair made no sense to any rational observer. By age 33 I had traveled the world, earned my way through college and law school. I had a great job working as a legal journalist in Washington, D.C., writing for several print and online publications. I had a close circle of family and friends, a house, a car, a fiancé, and two cats. What more could a girl want?

I had no idea. Truly, even I could not understand why—despite my achievements—I felt depressed, hopeless, empty, questioning the meaning of life. But instead of putting a gun to my head or swallowing a bottle of sleeping pills (I had thoughts of suicide), I did what many people do in the summertime—I went on vacation.

## The turning point

My fiancé and I enjoyed a relaxing weekend at a friend's lake house, fishing and canoeing, roasting marshmallows and watching beautiful sunsets; on our way home I was bemoaning my painful sunburn. I was still depressed, but at least I had been distracted for a bit.

Then it happened—a drunk driver hit us head-on, flipping our car on its side into a ditch, and the front of the car crushed up against my legs. I forgot all

about my sunburn as I was pried out of the car by rescuers and rushed by ambulance to the nearest hospital.

After a life-threatening accident, dying now became the last thing I wanted to do. I believe the enemy was trying to kill me, but, as He so often does, God used that evil for His purposes to save me instead.

I lay bedridden for weeks thereafter, unable to walk unaided because of my injuries. But because of the accident I wanted to connect with God as I never had before. Although I had studied world religions in college, I had lived most of my adult life rejecting all organized religions. So I said a simple prayer, asking God for help in picking a Christian denomination that would teach me the truth about Jesus.

## The work of a literature evangelist?

Shortly thereafter, my fiancé brought home a book he had found on top of a pile of trash as his crew cleaned out a 100-year-old house to be remodeled. He said he had felt "impressed" to bring it to me even though he knew nothing about it. The book was called *America in Prophecy* (also known as *The Great Controversy*), by Ellen G. White, with a 1988 copyright.

As I read it, the book truly astonished me! It logically and beautifully laid out the history of biblical truths—lost over time—gradually restored through a series of religious movements. And in doing so, God showed me two biblical standards by which I could find and test a new church—the doctrines on the state of the dead and the seventh-day Sabbath.

From my college class I knew the Seventh-day Adventist Church was Christian, yet would worship on Saturday. So in my search for a church family, I turned to another helpful book—the yellow pages. I quickly found an Adventist church located five minutes from my house, and made plans to attend the following week.

## Finding a church home

When I walked in, a tiny elderly woman greeted me with a hug and a warm welcome. I sat in the back row and listened to the hymns. A visiting preacher talked about casting our burdens on the Lord. As I heard this timely message, tears streamed down my face; several members turned around in curiosity.

After the service I dashed out down a hallway, embarrassed about crying. Because of remodeling that cut off my escape, I ended up trapped in a coat closet, waiting for the foyer to empty out. Another woman stopped by and invited me to stay for lunch.

While we were eating, someone asked what had brought me to their local church. I enthusiastically described the book I had read, and recommended it to them. Several people chuckled. "Yes, we know that book well," one man explained. "It was written by a woman more than 150 years ago. She was one of the founders of this church, and a modern-day prophet."

I was speechless with shock! I had never imagined that that book had been written by anyone associated with the SDA Church, much less a founder, a prophet, and a preacher, despite being a woman with no formal education in that era. That revelation was a sign that I was in the right place at the right time. An evangelism series taught by Pastor Dwight Nelson started that night; it was on the truth about the Sabbath, a topic of keen interest to me. Those teachings led me to yet another book—the Bible.

## The spiritual journey begins

As I read the Bible and Ellen White's other inspired writings to illuminate its truth, I gave my heart to Jesus early on. After a year of spiritual growth, I was baptized in 1999. In 2000 at the General Conference session in Toronto, I met church members from every nation. I was thrilled at the diversity, joy, enthusiasm, and love for Jesus exhibited by everyone.

Within a short time I started to change as Jesus infiltrated my heart, mind, and soul. And my life changed in very unexpected directions. For example, I soon gave up my cushy job and found myself strapped in the cargo section of a UNICEF plane flying into southern Sudan during a civil war, headed there to help write a US\$50 million education grant proposal while living in a mud hut with a grass roof, a pit latrine, no running water, and very little food. But that (like many others) is another story for another time.

## A book can indeed save a life

So who are we and why are we here? The Preacher sums it up after much contemplation: "Fear God and keep His commandments, for this is man's all" (Eccl.



12:13, NKJV). As I first learned 20 years ago, we are children of God who, after being saved ourselves, are then called to be involved in His work of saving other people while the great controversy between good and evil plays out.

We do well to remember it's often the painful events in people's lives that draw them to Christ for help and healing—a car wreck, a midlife crisis, depression, divorce, the death of a loved one, chronic illness, loss of a job, alienation from family, domestic violence, sexual abuse, or simply loneliness.

As believers, with the guidance and power of the Holy Spirit, we must use every tool at our disposal to help facilitate that process so that people can ultimately be saved and enter into a new life of deeper meaning and lasting purpose. For a literature evangelist, a book can be the beginning of someone's spiritual journey toward salvation, as it was for me.

And by my telling my story for the past 20 years to many people in a variety of settings, that copy of *The Great Controversy* from an individual (quite possibly a literature evangelist) continues to expand its circles of influence to reach even more people for Jesus.

**Anne Woodworth** works as a fund-raiser and project designer to help people in low-income countries.



# FOODS FOR THE BRAIN

George Pamplona-Roger



The brain is our main organ. In addition to controlling all bodily functions and being the seat of character, the brain is “the only medium through which Heaven can communicate to man” (*Counsels on Health*, p. 616). The brain is indeed the seat of the physical link between the creature and his or her Creator.

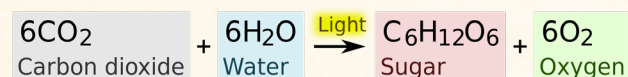
Every person needs a healthy brain in order to achieve a plentiful life. But literature evangelists are specially in need of a strong brain and a sharp mind. Intelligence, insight, discernment, memory, self-control, and other features of the mind are not developed by chance, but require a well-nurtured brain. The food we eat passes into the bloodstream in the bowel and then reaches the brain. If “we are what we eat” is literally true, “we think and we behave as we eat” is also real.

Food must daily provide the nutrients needed by our brain in order to perform properly. Glucose,

vitamins, fatty acids, and the components in vegetables are the most important.

## Glucose

Glucose is the main fuel used by neurons. These special cells are able to convert the chemical energy from glucose into electrical energy needed to transmit nerve impulses. Glucose is the most abundant sugar in plants; indeed, glucose is the first chemical compound produced by plants from atmospheric carbon dioxide and water. This chemical reaction, called photosynthesis, is the base of life on Planet Earth.



All fruits and many plant foods contain sugar that is naturally produced. Sugar is not a poison; it is a

natural ingredient needed by our brain. The Creator made it so abundant in plants because we need it.

Eating fruits and cereals warrants a proper glucose supply to neurons. But we do not need pure sugar; indeed, it is not healthy. What our neurons need is sugar, yes, but accompanied by fiber, vitamins, minerals, phytochemicals, and all other components of fruits. So when we eat a fruit, we are getting a whole package of nutrients designed in Heaven’s laboratory, which includes sugar. All of these natural components of fruit contribute to make the whole greater than its parts. Neurons like to receive this whole package of nutrients, including sugar, from fruits.

On the contrary, when we take pure refined white sugar produced in a human-created factory, found in soft drinks, candies, or refined baked goods, neurons become misbalanced and irritated. First they are stimulated, but later become depressed, provoking a mood swing. And the pancreas, where insulin is produced, becomes stressed after consuming sugar devoid of its natural accompanying nutrients.

## Vitamins

Whereas the liver is the warehouse of vitamins, the brain is its main consumer. Many B vitamins are necessary to break down glucose, the main fuel for neurons. It is interesting to note that the two main nutrients needed by nerve cells to work, glucose and vitamin B, are liberally provided by whole grains, such as wheat, oats, rice, or corn. This may be one of the reasons for the Creator to command humans first to eat “every herb bearing seed,” that is, cereal grains (Gen. 1:29, KJV).

Other important vitamins for the brain to work properly are antioxidant vitamins, mainly C and E. The main dietary source of vitamin C is fruits, the second dish of the Eden diet. Vitamin E is found in the germ of cereal grains (such as wheat) and in nuts. Both vitamins, C and E, counteract the free radicals produced in neurons as a result of their extensive work. Vitamins C and E protect the delicate neurons from oxidative damage.

## Fatty acids

Most of the dry weight from the brain is fat. Fats are the main component of the membranes covering neurons and nerve fibers. There are many kinds of fats, derived from their main component, the fatty acids. But the brain needs a specific kind of fat, made of omega-3 essential fatty acids. The precursor of this specific fat needed by the brain is the al-

pha-linolenic acid, found in all seeds, particularly in walnuts, flaxseeds, chia seeds, and soybeans, as well as in algae. Green leafy vegetables, such as corn salad (lamb’s lettuce), purslane, or spinach, also contain small but significant amounts of omega-3 alpha-linolenic fatty acid.

Pregnant and lactating mothers need a fair amount of omega-3 fatty acids to provide the raw material to build up the baby’s brain. Children and adults also continue to need this special kind of fat in order to keep their brain in good shape. Lacking alpha-linolenic omega-3 fatty acid leads to bad mood, depression, and also to heart attacks.

## Components of vegetables

Recently a team of researchers from Rush University (Chicago, Illinois) and Tufts University (Boston, Massachusetts) found that people who ate at least one serving of green leafy vegetables a day had better memory and thinking skills than people who never or rarely ate these vegetables (“Nutrients and Bioactives in Green Leafy Vegetables and Cognitive Decline: Prospective Study”). The difference between the two groups was the equivalent of being 11 years younger in age, just for eating a salad a day!

Green leafy vegetables provide a whole set of chemicals, such as carotenoids, vitamin K, nitrates, and folates, able to cross the blood-brain barrier, reach the neurons, and foster brain functions.

Yes, spinach, kale, lettuce, corn salad (lamb’s lettuce), and other vegetables make you smarter. Modern science confirms it now, but Daniel and his fellows already knew it when they said, “Give us vegetables to eat and water to drink” (Dan. 1:12, NKJV).

## Conclusion

Fruits, grains, seeds, nuts, and vegetables provide the best raw materials to build a healthy and strong brain. Forget additives like monosodium glutamate or artificial sweeteners, processed foods (containing trans-fatty acids), meat (containing neurotoxins like xanthines), and above all, alcohol, the main brain toxicant. All of them also cross the blood-brain barrier and are able to reach neurons.

Dear literature evangelist, do not leave your home in the morning without having your pieces of fruit, your grains, and a handful of seeds or nuts. And at lunch, never forget your big portion of salad. Your brain will be happy, and your ministry will thrive for the glory of God.

George Pamplona-Roger, M.D., M.P.H., is a book author for Editorial Safeliz in Spain.



# Focusing on the “Entering Wedge”

Tercio Marques



**M**elody Gutierrez, a 22-year-old Adventist in southern Chile, graduated in physiotherapy in 2015. For almost a year she looked for work in her profession, without success. Sad and disheartened by the lack of opportunity, she went to visit her grandmother and opened her heart about how hard it had been to find a job. Another young woman who lived at her grandmother's house overheard their conversation, and asked Melody if she would like to attend the Family Health Consultant (FHC) program.

Melody decided to give it a try and attended the FHC training. After the training she was very excited and began to work. However, from the very beginning she faced some difficulties in getting people to purchase the follow-up program. The doctor who referred his patients to Melody noticed how discouraged she was. Upon asking her, she told him about her difficulties in getting people to participate in the program. As a previous successful student literature evangelist, he realized what she had been doing wrong. He spent about an hour helping her with what she needed to change. After this conversation she visited a patient and, following the doctor's directions, managed to achieve success.

She felt settled, and believed God had a plan for her in this ministry. Soon after, however, Melody received a call from one of her university professors offering her an excellent job at the most important hospital in southern Chile. Perplexed, she wondered what to do. God had confirmed that He would bless her and that He wanted her in the FHC program, yet the job opportunity was really great.

What was she going to do? This opportunity was all she had been dreaming of doing for more than a year without success. This great opportunity was coming just when God was answering her prayers! Since her former teacher told her that he needed an immediate response, she prayed some more and then responded: “Thank you for remembering me, but I will decline at this time, because I'm already employed.” It was a difficult choice, but she felt peace in her heart. More than a year has passed, and Melody has been richly blessed both financially and spiritually.

## How it all began

Ellen G. White, inspired by God, said that medical missionary work and our literature would be of fundamental importance in bringing the message of the three angels to all people in the last days of this

world's history. The Family Health Consultant program is a joint initiative from the Health and Publishing Ministries departments of the South American Division (SAD) to collaborate in fulfilling this vision. The FHC program was not developed as a prearranged project with a beginning, middle, and end. God guided all the steps from the very start. The program developed naturally, through a buildup of experiences over 10 years. It all began in the United States in 2007 with some literature evangelists who used the principles of medical missionary work by sharing our publications as a tool to help change lifestyle habits.

In 2014, in the state of Bahia, Brazil, a Publishing Ministries director, inspired by God, created the name FHC. He recruited the involvement of some Adventist physicians. These doctors sent some of their patients to an FHC who helped them through the health principles contained in our books. The project slowly continued to grow and develop. Then in late 2015, God sent a medical doctor to work at the SAD as the Health Ministries director. When he learned about this program, he decided to partner with Publishing Ministries. With his support, the program became even better. A new focus was given,

and lifestyle change and customer service became the priority of the FHC program. New tools were added, such as:

- Directed medical history (anamnesis) worksheet.
- Biometric and bioimpedance tests.
- Manuals as medical guides, etc.

It was also decided that all FHCs should be people with a diploma in a health-related area. All these adjustments led to a more complete and professional program.

In March 2016 the SAD held the first training for FHC, and about 70 health professionals from eight South American countries participated. This was the official birth of the Family Health Consultant program. We currently have more than 350 FHC workers. The results are excellent both in terms of changing habits of patients, as well as the financial and spiritual results. Customers do not have the feeling that they are buying books, but understand that they are buying a service from a lifestyle professional.

God continues to bless and open doors that until recently seemed impossible to open.

**Tercio Marques** is the Publishing Ministries director for the South American Division.



## 7 Habits to Preserve Mental Health

Julian Melgosa

Almost everyone in the church environment is familiar with the basic principles of physical health. The average Seventh-day Adventist is, in comparison to the general population, an expert in nutrition. Since early life children are taught the best choices of food as well as cleanliness, exercise, and good sleep. But little is said about mental and emotional health. If we were to ask what to do to help improve our mood, how to avoid worry and fear, how to nourish social relationships, how to manage our thoughts, or how to design a plan to create a good habit or eliminate a bad one, very few would be able to offer satisfactory answers. Yet, good habits of mental health are the path to reasonable happiness in a world full of hopelessness.

Let us review some pieces of practical advice to preserve mental health and prevent mental illness:

### 1. Keep busy.

Make sure you are in constant activity, including some leisure. This is

essential to prevent the thoughts and obsessions that put us at risk of an unhealthy mind.

### 2. Nourish relationships.

The great moments of happiness as well as the most unpleasant experiences are lived with people, mostly our dear ones. Therefore, invest time and effort in strengthening your relations—they are a clear source of happiness.

### 3. Think positive.

A doctor friend of mine told me of an 80-year-old woman patient who was run over by a motorcycle and lost the vision of an eye in the accident. On the first encounter, she said: “Doctor, I have been quite fortunate. I lost one eye in the accident, but the other has been left intact!” That is a great example of positive thinking.

### 4. Deal with guilt.

The root of several mental disorders is guilt. Christians know better and must practice repentance, reconciliation, and forgiveness according to biblical guidance to avoid the adverse effects of guilt.

### 5. Practice service.

Psychologists and counselors, even those who do not believe in God, recommend patients with depression and other disorders to provide service to those in need. This provides a great sense of well-being, apart from bringing honor to God.

### 6. Seek nature.

Highly urbanized areas are conducive to mental unbalance, but natural settings are a blessing for our minds. Seek therefore natural environments as much as you can.

### 7. Adopt a hopeful attitude.

Look at the future positively, with the certainty that if you love God, He will make “all things work together for good.”

Finally, practice gratitude explicitly. Thank those who have done anything for you, and praise God for all His blessings.

**Julian Melgosa** is an associate director for the Education Department at the General Conference of Seventh-day Adventists.

## HABITS TO PRESERVE MENTAL HEALTH



KEEP BUSY



NOURISH RELATIONSHIPS



THINK POSITIVE



DEAL WITH GUILT



PRACTICE SERVICE



SEEK NATURE



ADOPT A HOPEFUL ATTITUDE



2018

# WORLD MISSIONARY BOOK

