

---

# MAINTAINING PERSONAL HEALTH IN MINISTRY: BODY, MIND, AND SPIRIT HOW FAITH INFLUENCES HEALTH



## AGENDA

- Physical Health
- Mental Health
- Faith's Influence
- Q & A



# RELATIONSHIP



INFLUENCES HEALTH OUTCOMES

---

# HYPERTENSION



# Blood Pressure Above Normal

Ranges are in **millimeters of mercury (mm)**

**High blood pressure**



<b>140+</b> —AND/OR— <b>90+</b>	<b>Stage 2 Hypertension</b>
---------------------------------------	---------------------------------

<b>130-139</b> —AND/OR— <b>80-89</b>	<b>Stage 1 Hypertension</b>
--	---------------------------------

<b>120-129</b> —AND— <b>&lt; 80</b>	<b>Elevated Blood Pressure</b>
---	--

# WHAT DOES IT MEAN?

- High blood pressure is when the force of blood pushing against your artery walls is consistently too high. This damages your arteries over time and can lead to serious complications like heart attack and stroke.
- High blood pressure is very common. It affects 47% of adults in the U.S.
- High blood pressure caused or contributed to over 670,000 deaths in the U.S. in 2020.
- Healthcare providers call it a “silent killer, ” because usually it has no signs or symptoms.

# COMMON CAUSES

- Unhealthy eating patterns (including a diet high in sodium).
- Lack of physical activity.
- High consumption of beverages containing alcohol.
- Certain medications, including immunosuppressants, NSAIDs and oral contraceptives (the pill).
- Kidney disease.
- Obstructive sleep apnea.
- Recreational drug use (including amphetamines and cocaine).
- Renal vascular diseases, which are conditions that affect blood flow in your kidneys' arteries and veins. Renal artery stenosis is a common example.
- Tobacco use (including smoking, vaping and using smokeless tobacco).

## PREVENTION AND MAINTENANCE

- **Follow a healthy eating plan.** This is an important step in keeping your blood pressure normal. The DASH diet (Dietary Approaches to Stop Hypertension) emphasizes adding fruits, vegetables and whole grains to your diet.
- **Cut down on sodium.** To prevent hypertension, you should reduce the amount of sodium in your diet. Try to keep it below 1,500 milligrams a day.
- **Keep a healthy weight.** Going hand-in-hand with a proper diet is keeping a weight that's healthy for you. Losing excess weight with diet and exercise will help lower your blood pressure to healthier levels.
- **Keep active.** Even simple physical activities, such as walking, can lower your blood pressure (and your weight).



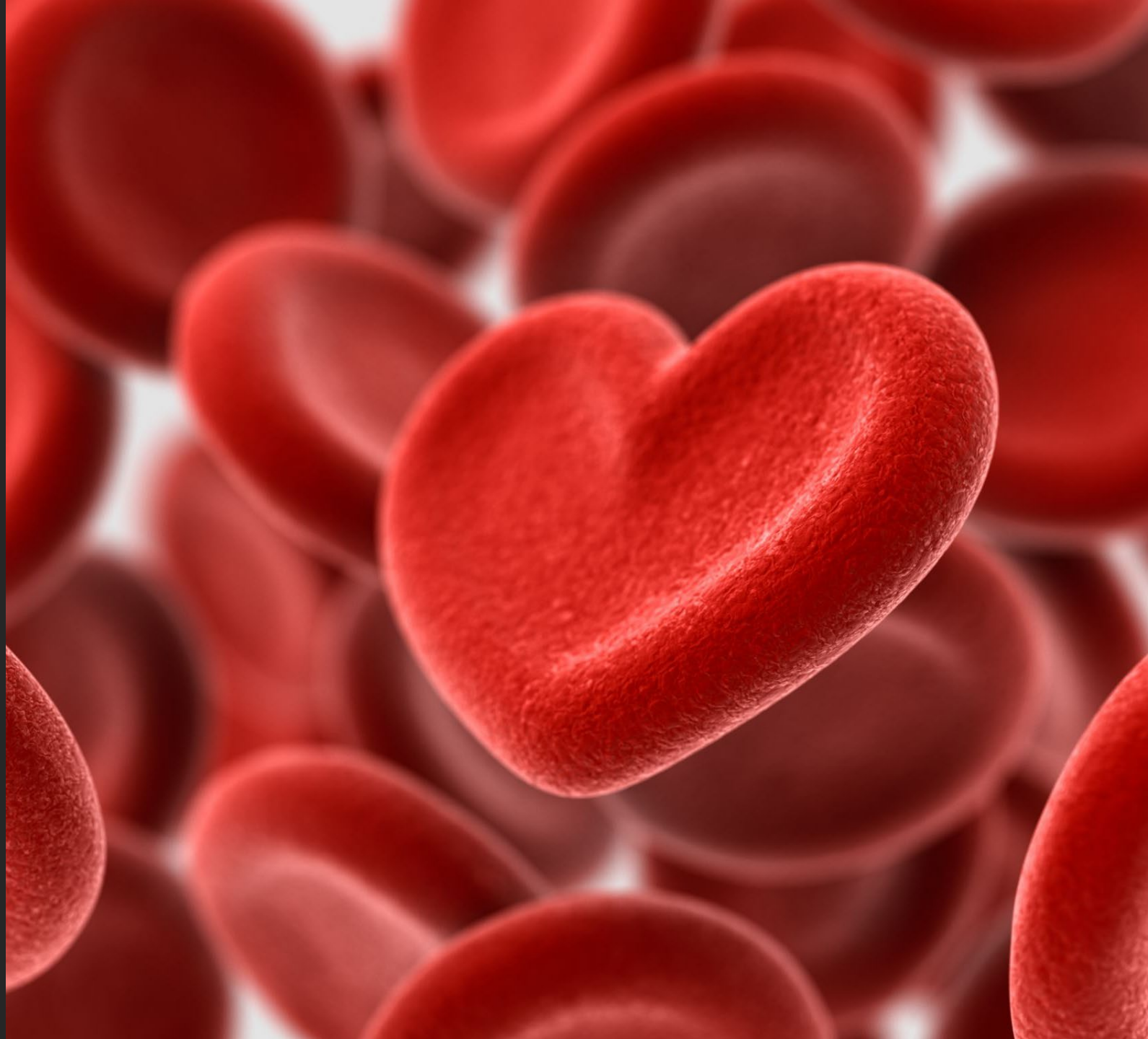
# HERBALS

These methods don't have the same level or quality of evidence to support their effectiveness but they have been associated with some positive health outcomes.

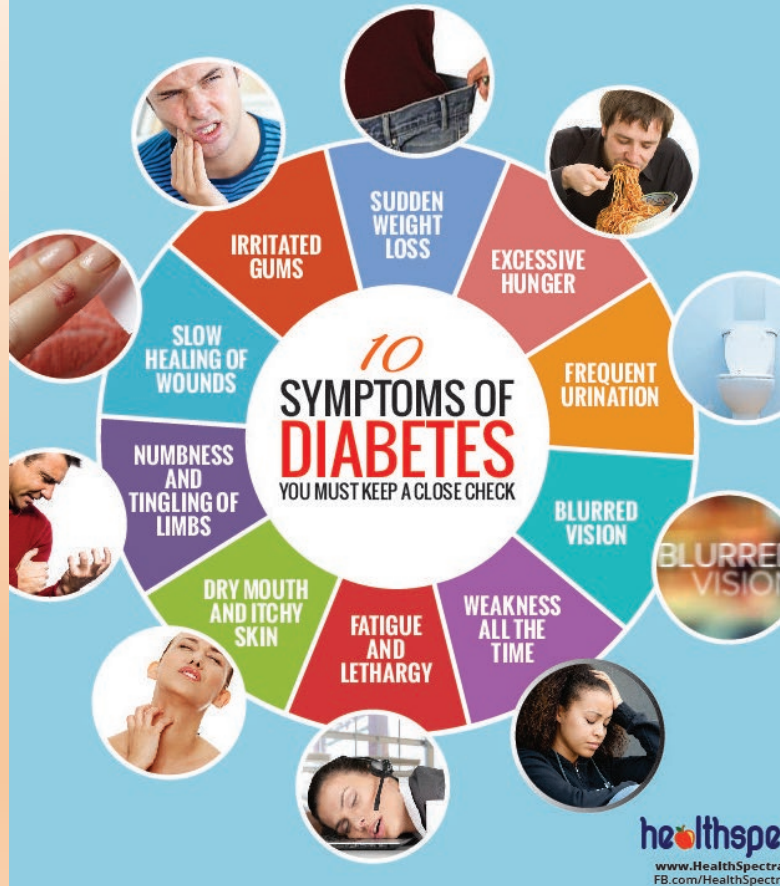
- Probiotics.
- Higher intake of protein, flaxseed, fish oil or fiber.
- Garlic.
- Dark chocolate.
- Tea or coffee.
- Calcium or magnesium supplements.
- Low-carb, vegetarian or Mediterranean diets.

---

# DIABETES



# SYMPTOMS OF DIABETES



## WARNING SIGNS

## MORE ABOUT DIABETES

- **Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose.**
- **Early diagnosis is important to prevent the worst effects of type 2 diabetes (loss of sight, kidney disease, heart attack or stroke, amputations).**
- **About 38 million adults have Diabetes, and 1 in 5 of them don't know they have it.**
- **Lifestyle changes are the best way to prevent or delay the onset of type 2 diabetes: diet (fruits, vegetables, whole grains, lean proteins) exercise (150 minutes/week recommended), weight loss if considered overweight.**

# DEPRESSION AND ANXIETY

MENTAL HEALTH  
IS EQUALLY AS  
IMPORTANT AS  
PHYSICAL HEALTH

## DEPRESSION AND ANXIETY

- Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.
- It affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities. Sometimes it can cause you to feel as if life isn't worth living.
- Anxiety includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues. The worry is out of proportion to the actual circumstance. It is oftentimes difficult to control and affects how you feel physically. It often occurs along with other anxiety disorders or depression.
- Talk to someone. The enemy wants to keep you isolated. The garment of praise will loose the bonds of heaviness. Isaiah 61:3
- Generational trauma is hindering generational praise and legacy. We are allowed to feel but we cannot allow our emotional pain to eclipse where God is taking us. We have to let the pain go.



THE POWER OF COMMUNICATION





---

# FAITH AND REASON

## FRIENDS OR FOES??

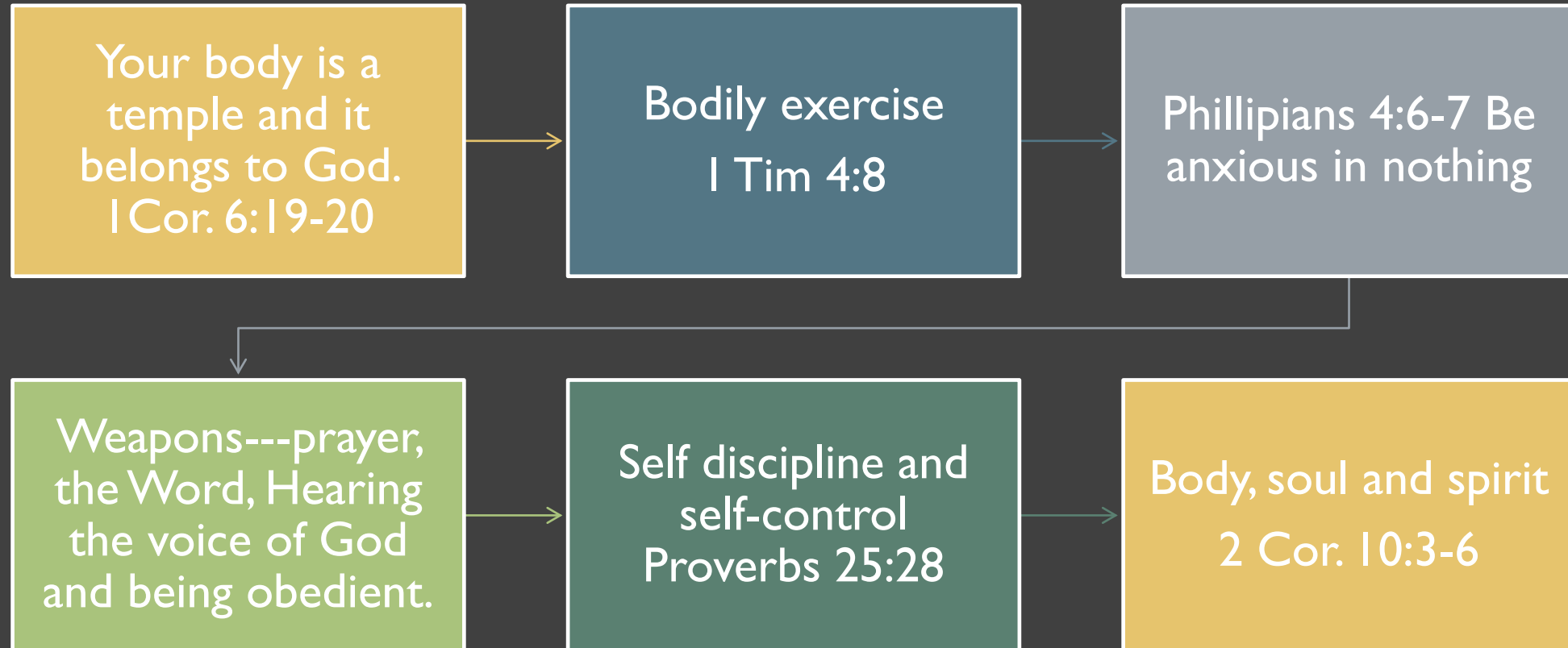
THE INFAMOUS “BUT” BREEDS  
DOUBT AND NEGATIVITY

THE STRENGTH OF OUR FAITH IS  
REALLY TESTED WHEN WE’RE  
GOING THROUGH SOMETHING

IMPORTANCE OF COMMUNITY



# FAITH



# A FUNDAMENTAL ASSET OF EVERY BELIEVER

## What is Prayer?

- Prayer is two-way communication with God. It is the practice of the presence of God.
- It is the place where pride is abandoned, praise and thanksgiving are given, and supplication (asking humbly) is made.
- Prayer is the place of admitting our need, of adopting humility, and being dependent on God. Prayer is an essential practice of the Christian.
- Prayer is the exercise of faith and hope.
- Prayer is the privilege of touching the heart of the Father through the Son of God, Jesus our Lord.
- Prayer changes the one praying because in prayer, you are in the presence of God as you lay before Him your complete self in confession and dependence.

# THE POWER OF A GOOD RELATIONSHIP

- Build a good relationship with your healthcare provider. Listen to your body's signals. Clearly communicate your concerns. If you feel unheard, seek a new provider if necessary.
- Embrace your faith. Recognize that our bodies, minds, and spirits belong to God, and we have been given divine authority to speak to any situation, illness, or stronghold. Reclaim your authority.
- We walk by faith and not by sight. There's nothing that we're going through that God cannot heal. Remember God has the final say.



# THANK YOU

Constance Bradford, FNP-C

Caring Hands Family Practice

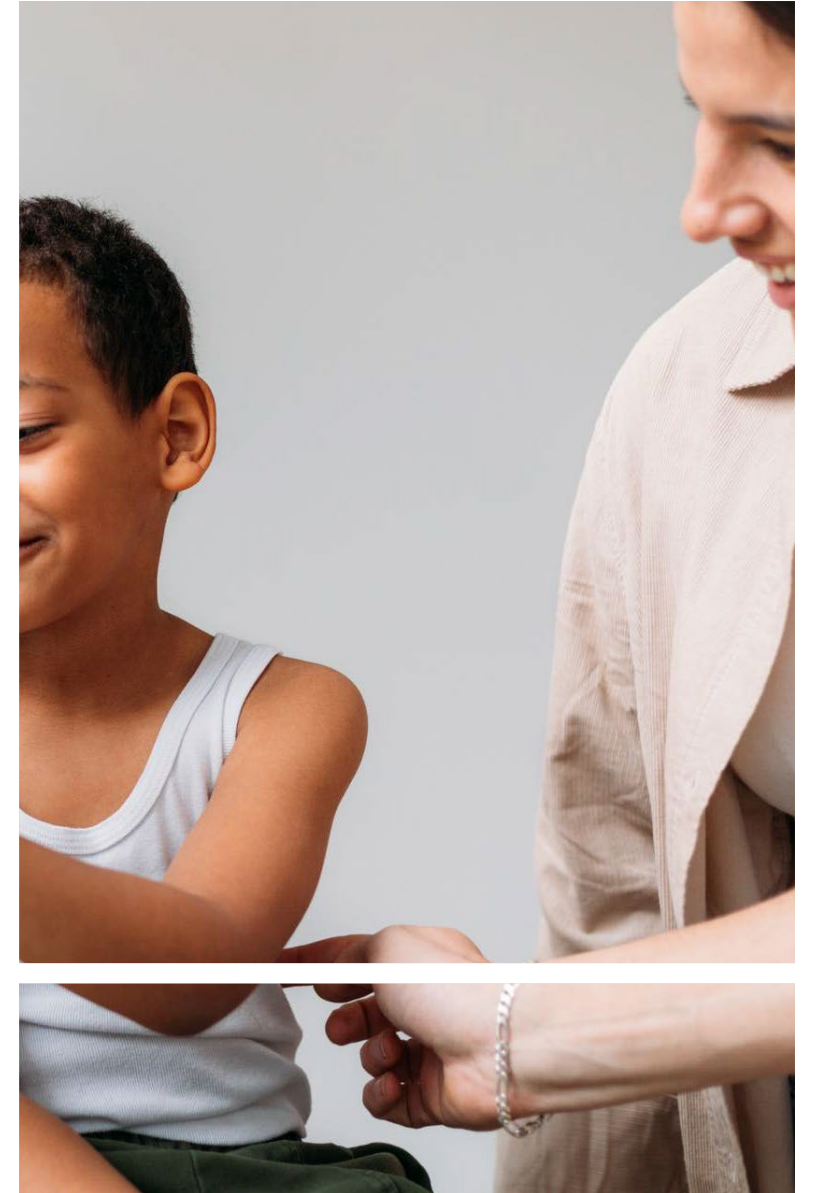
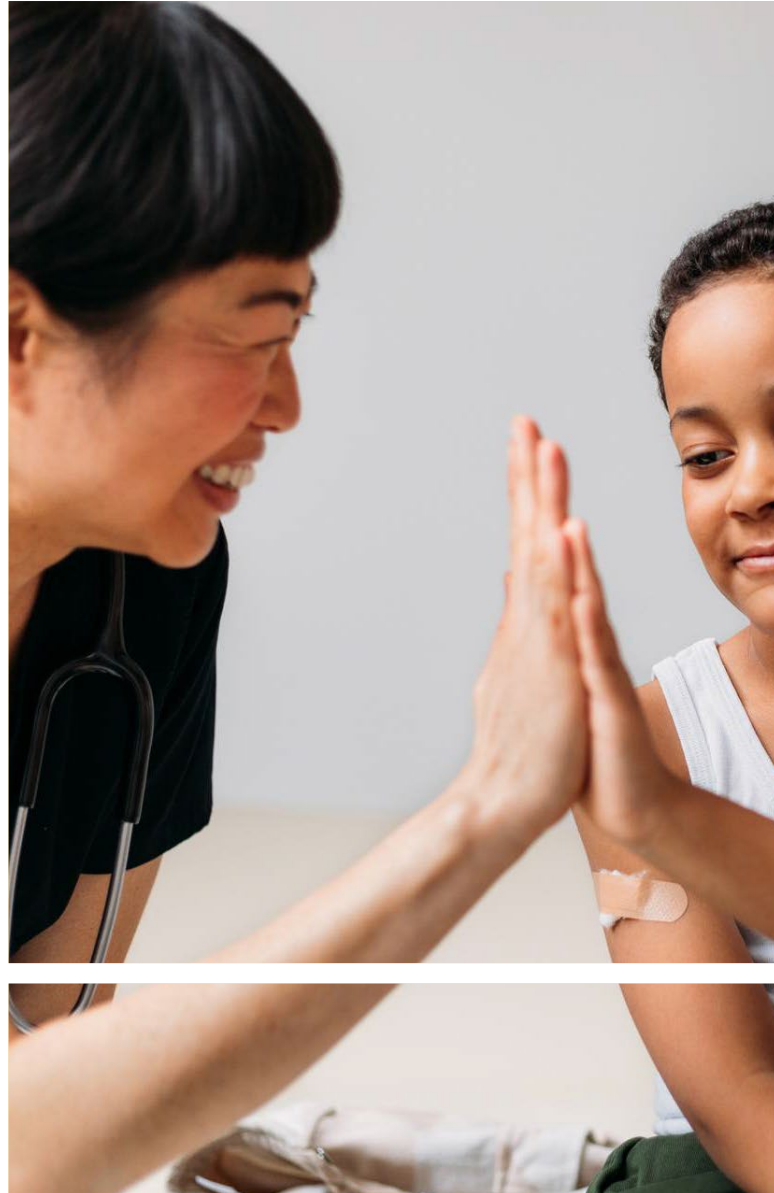
149 Jefferson St. South Ste. C

Monticello, MS 3954

Phone: 601-393-1953

Fax: 601-393-1954

[constancebradford@hotmail.com](mailto:constancebradford@hotmail.com)





# Live by Faith

Eph 2:8

---

## WORKS CITED

- The Holy Bible (KJV, NLT)
- Bożek A, Nowak PF, Blukacz M. The Relationship Between Spirituality, Health-Related Behavior, and Psychological Well-Being. *Front Psychol.* 2020 Aug 14;11:1997. doi: 10.3389/fpsyg.2020.01997. PMID: 32922340; PMCID: PMC7457021.
- Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2021. Results. Institute for Health Metrics and Evaluation. 2024 (<https://vizhub.healthdata.org/gbd-results/>).