

TRUE NORTH: A SERIES FOR MEN

Episode 07 – Health and Wellbeing

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1. Sam Chan told us about the body aging in many ways. Are you old enough to notice this happening yet?



2. Consider this statement from Dr John Best:

"We know that a little over 80% of females have a regular GP, but only 20% of men do." Dr John Best

Do you have a regular GP?



3. Read the two quotes from the episode:

“Preventative care is key: regular exercise, watching the fuel you put into your body. The way a man maintains his car and the fuel he puts in it – the same principle should apply to the body. Often they don’t.” *Dr Owen Boyd*

a) How does the level of care for your body compare with the level of care you have for your car?



“For healthy living and longevity, two things are absolutely clear: not smoking and being physically active.” Dr John Best b) How are you going on those two fundamentals of good health?

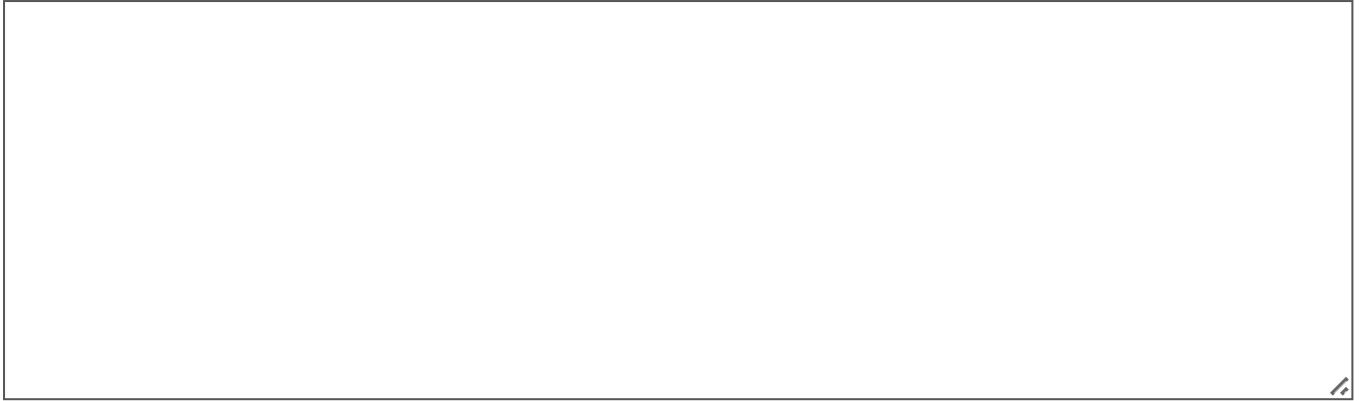


4. Ignoring their health seems to be a very male characteristic:

“Most average males ignore everything. There’s a stoicism that I think is genetically imprinted. It’s firmly there as a bedrock character trait in men to ignore things unless they’re at death’s door or there’s an acute risk. They’ve got a thousand other things they’re responsible for and a thousand other things they’re focused on, and their health isn’t a priority because the problem is out there and not here.” *Dr Owen Boyd*



Why do you think so many men neglect their health?



5. Ed Davies reflects on men's health in the UK:

"We're seeing a real decline in mental health, both real and perceived. There's debate about medicalising social problems." *Ed Davies*

There's much more awareness and talk about mental health in the last few years.

What reasons can you see for some men's mental health declining?



6. Suicide is now the leading cause of death for 18-44 year olds in Australia. Seventy five percent of suicides are male. *(Statistics are similar for USA and the UK).*

"In college, 75% of those seeing psychologists for suicidal thinking are girls, but 75% of suicides are boys." *Warren Farrell*

a) What makes men reluctant to seek help with mental health issues?**b) How can we help our mates in this area of life?****c) How can men's groups create a culture that encourages men to speak to each other about 'what's really going on for them' and to seek help dealing with issues? (As Sam said, 'It's OK to see a counsellor to sort out some things in our life.')**

7. Dr Owen Boyd said something that at first may seem unexpected:

"From general practice experience, those who seek happiness only in hedonism and consumerism are more likely to need medical help for mood. Those pursuing service and trained morality build resilience within themselves and communities." *Dr Owen Boyd*



a) This may seem counter-intuitive. Can you see how this aligns with what Jesus teaches about following Him?



“Then He called the crowd to Him along with His disciples and said, ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the Gospel will save it.’” *Mark 8:34-35*

b) What do you think Jesus means by ‘deny themselves’?



8. As regular exercise is key to physical health, so is God’s Word key to spiritual health:

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” *Matthew 4:4*



Share ideas on how to be regular in reading and meditating on God's Word.

9. Read Psalm 19:7-11:

"The law of the Lord is perfect, refreshing the soul.

The statutes of the Lord are trustworthy, making wise the simple.

The precepts of the Lord are right, giving joy to the heart.

The commands of the Lord are radiant, giving light to the eyes.

The fear of the Lord is pure,

enduring forever.

The decrees of the Lord are firm, and all of them are righteous.

They are more precious than gold,

than much pure gold;

they are sweeter than honey, than honey from the honeycomb.

By them your servant is warned; in keeping them there is great reward."

What does the Psalm tell us about the Word of God?**For Private Reflection and Action****Are there health issues for you that you should be talking with someone about?**