

# WELLNESS IN THE NEW NORMAL

By Andy Game

It's important we address the increasing issues of mental health as Christians and leaders in these challenging times.

The World Health Organization recognizes World Mental Health Day on 10 October every year. This year's theme set for 2021 'Mental Health in an Unequal World'.

Following the 2020 Covid-19 pandemic, local churches & Christian networks are in a unique place to lead communities on this holistic journey to physical, mental, and spiritual wellbeing.

The opportunities to touch people's lives through online ministry have increased exponentially.


## WHY NOW?

- Raise awareness of mental health and how to address it as Christians.
- Equip local churches and leadership to deal with mental & wellbeing issues in their local congregations and communities.
- Empower local churches, leadership, and believers for outreach addressing wellness in their communities through digital evangelism and other practical tools.


## STRONGER TOGETHER

Global media ministries are joining hands & hearts to bring the hope of the Gospel to future generations.


**Fueled By Hope** is a catalyst to bring together new media with a focus on wellness for our times. Extravagant love compels us to be one in Christ.




**Fueled By Hope x 7MEDIA**  
[fueledbyhope.org](http://fueledbyhope.org)  
*Fueled By Hope is a global coalition of churches and ministries for digital evangelism thru the culture & language of the emerging generation.*




**The Wellbeing Journey x HOPE Together**  
[wellbeingjourney.org](http://wellbeingjourney.org)  
*The Wellbeing Journey is a new series exploring holistic wellness: body, mind and spirit.*



**Hope for the Heart**  
[hopefortheheart.org/keys-for-living](http://hopefortheheart.org/keys-for-living)  
*The Keys for Living are short, helpful books with clear answers from God's Word and concise, practical guidance on life's challenges.*



**Reach4Life x Biblica**  
[reach4life.net](http://reach4life.net)  
*The Reach4Life New Testament Bible facilitates change through bringing young people to Christ, discipling them, and teaching them Bible-based life skills addressing issues.*



**CV Resources x CV**  
[resources.cvglobal.co](http://resources.cvglobal.co)  
*CV Resources is a free library of quality downloadable christian videos.*

Check out the WHAT IS WELLNESS? webinar & inspiring HOPE prayers  
at [7MEDIA.org](https://www.7MEDIA.org)