

# FINDING WHOLENESS IN HOLINESS: *“Growing in Wholeness”*

Jonathan J. Shepherd, M.D.

Board Certified Child, Adolescent, and Adult Psychiatrist

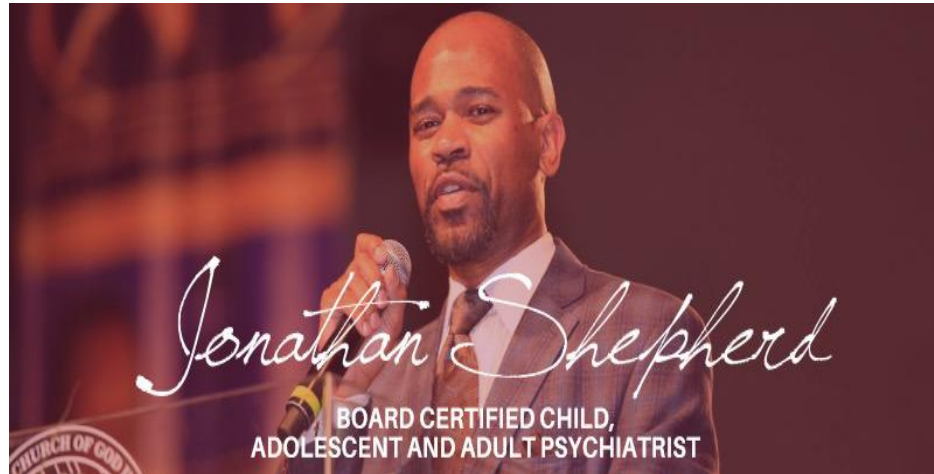
Ordained Elder, Church of God in Christ, INC.

# Jonathan Shepherd, M.D.

Board certified Child, Adolescent, and  
Adult Psychiatrist

[jshep2471@gmail.com](mailto:jshep2471@gmail.com)

[www.drjonathanshepherd.com](http://www.drjonathanshepherd.com)



Dr. Shepherd is an award-winning mental health professional. Named “Top Doctor” in the field of psychiatry, his holistic approach to wellness has made him a highly sought after and well-respected motivational speaker.

Renowned for his caring and nurturing bedside manner, Dr. Shepherd has served and provided treatment for clients in a variety of areas including Attention Deficit Hyperactivity Disorder, Mood Disorders, Anxiety Disorders, Obsessive-Compulsive Disorders, Post-Traumatic Stress Disorders, plus many more.

His mission is to help everyone have access to quality mental health services. A graduate of the University of Illinois at Chicago Medical School and Adult Psychiatry Program and the Johns Hopkins University Child and Adolescent Psychiatry Fellowship, Dr. Shepherd blends professionalism and compassion to create healthier communities.

# Expectations:

- Dissect the phrase, “healthy is holy.”
- Discuss the positive effects of living holistically.
- Introduce steps to move from stability to wholeness.

***“Being out of balance means that your true self will start to be confused with what you pretend to be.”***

(Catherine Pulsifer)

## *Let's Discuss:*

- Myths about believers and wholeness
- **Wholeness:** a complete amount or sum; totality lacking no part, member, or element. A coherent system or organization of parts fitting or working together as one.
- **Whole:** free of defect or impairment (intact).  
Mentally or emotionally sound

# 3 Part Nature of Man:

(I Thessalonians 5:23)

1. Spirit: the part of man that connects with God
2. Soul: mind, will, emotions
3. Body: fleshy part of man

**S.I.P. and S.E.E.** = God is concerned about our  
**S**piritual, **I**ntellectual, **P**hysical, **S**ocial,  
**E**conomical, and **E**motional well-being

# Requirements for Growth:

1. Diet / Fuel Source
2. Discomfort
3. Discipline, especially during the lag time.

Biblical Reference: Luke 2:51-52.

# MENTAL HEALTH is:

- “A state of well-being where every individual realizes his or her own **potential**, can **cope** with the normal stresses of life, can **work** productively and fruitfully, and is able to make a **contribution** to his or her community.” (World Health Organization)
- **P.C.W.C** = Potential, Cope, Work, and Contribution

# PRESSURE POINTS: *(Factors impairing wholeness)*

1. Stress

2. Loss and Grief

3. Declining Mental & Physical Skills

4. Burn-out

5. Anxiety

6. Trauma

7. Addiction

8. Major Depression



# REFLECTION EXERCISE:

- Reflect on the day and season you were called into the ministry and / or profession.
- Describe what ignites your passion for that ministry / profession.
- Hebrews 1:7—We as ministers of the Gospel are called to be “flames of fire”

# BURNOUT:

- Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration
- Burnout occurs when passionate, committed people become deeply disillusioned with a job or career from which they have previously derived much of their identity and meaning.
- It comes as the things that inspire passion and enthusiasm are stripped away, and tedious or unpleasant things crowd in.

# The Effects of Exhaustion:

Neglect Wholeness



Observe Wholeness



# Common Burnout Symptoms:

- Exhaustion
- Lack of Energy
- Constant Fatigue
- Sleep Disorders
- Reduced performance
- Concentration and Memory Problems
- Inability to Make Decisions
- Reduced Initiative and Imagination

# From stability to wholeness: 10 steps

1. Prayer
2. Relaxation Breathing
3. Use Your “Shower Time”
4. Prioritize Exercise / Physical Movement
5. Maintain Proper Sleep Schedule
6. Eat Healthy as often as you can
7. Stay Socially Connected
8. Practice Kindness
9. Get Things Done
10. Take Breaks from News

# Follow-up Exercises:

- Put demands on your leaders: request opportunities for emotional and mental health training
- Develop, teach, and listen to sermons and Bible studies on mental health topics
- Read / increase your knowledge base about your emotional intelligence, identity, and human behavior

# CONTACT ME:

- Email: [jshep2471@gmail.com](mailto:jshep2471@gmail.com)
- Office: 410-265-8737
- Facebook / YouTube: Dr. Jonathan Shepherd
- Instagram / Twitter: @drjshep

Weekly radio broadcast, "Spirit in Mind," Saturdays at 1p.m.  
Praise 106.1FM (iHeart), YouTube, and Facebook