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Example: Joy, Love, 1 John 1:3

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The quality of our food can also have an effect on our mental health. Eating a balanced diet that is rich in fruits, vegetables, and whole grains can help to boost our mood and energy levels. On the other hand, a diet that is high in processed foods and sugar can lead to feelings of depression and fatigue.

The quality of our relationships can also have an impact on our mental health. Having strong relationships with family and friends can provide us with emotional support and help us to cope with difficult situations. On the other hand, being isolated or having strained relationships can lead to feelings of loneliness and depression.

Finally, our physical environment can also have an effect on our mental health. Being in a safe and comfortable space can help us to feel relaxed and at ease. On the other hand, living in a noisy or chaotic environment can lead to feelings of stress and anxiety.

Quiz

1. What does the Bible say about taking care of the environment?

- A. We should ignore it
- B. We should exploit it
- C. We should protect it
- D. We should destroy it

2. What is one way that air pollution can affect mental health?

- A. Increased risk of depression
- B. Increased risk of anxiety
- C. Increased risk of physical illness
- D. All of the above

3. What is one way that the quality of our food can affect mental health?

- A. Eating a balanced diet
- B. Eating a diet high in processed foods
- C. Eating a diet high in sugar
- D. All of the above

4. What is one way that the quality of our relationships can affect mental health?

- A. Having strong relationships
- B. Being isolated
- C. Having strained relationships
- D. All of the above

5. What is one way that our physical environment can affect mental health?

- A. Being in a safe and comfortable space
- B. Living in a noisy or chaotic environment
- C. Being in an unfamiliar environment
- D. All of the above

Answers: C, D, D, D, A

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