

Health Ministry Presents

**Control**

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September 18, 2022



# Who Doesn't Want Control?

1

Putting on your  
seatbelt

2

Plan Plan Plan and  
Plan some more

3

Cleaning

4

Healthy Diet

5

Exercise

6

Procrastination



# When Does Control Become Unhealthy?

## Physical Impact

Crying  
Intense emotions  
Fatigue  
Difficulty sleeping  
Headaches  
Muscle tension  
Change in appetite  
Gastrointestinal  
issues (stomach pain,  
acid reflux, etc.)

## Behaviors

Worrying  
Trying to control other people or  
situations  
Feeling on edge  
Isolating yourself from others  
Obsessing over the same thing  
Avoiding things  
Feeling overwhelmed  
Lack of motivation or energy  
Having a hard time  
concentrating or focusing  
Irritability

Health issues like diabetes, low blood sugar, alcohol use disorder and head injuries can cause problems with controlling emotions.



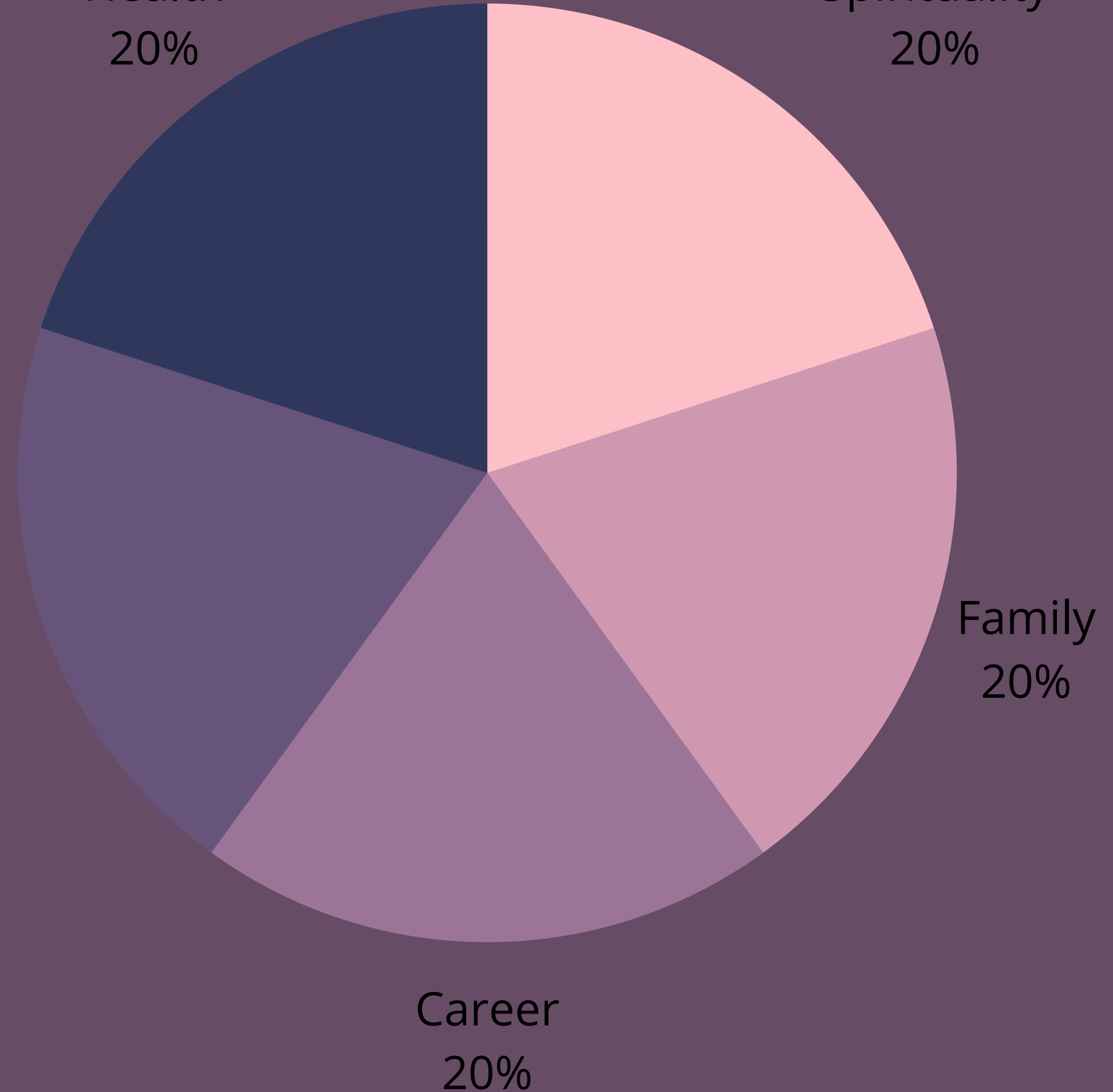
Control is 100% about Safety



# Balance of Life

- Health -physical and mental
- Spirituality - Connection with God
- Family -immediate & relationships
- Career Satisfaction
- Financial Stability

Financial  
20%



# How to deal with Controlling People

**Remind them**

**"You are Safe!"**

**Choose a Response**

**Set Boundaries**

**Acknowledge their Fear**



# How to Cope with Feeling Out of Control

Grounding Exercises

Run your hands under water

Move your Body

Progressive Muscle  
Relaxation



# Steps for Receiving Therapy





# Uninsured

**If you live in the following counties:**

**Cumberland, Johnston, Wake, Durham, Orange**

**or**

**If you are enrolled with Medicare/Medicaid**

**Please dial 1-800-510-9132 and ask for IPRS**

**funding for mental health therapy.**



# If You Have Insurance

**LOOK ON THE BACK OF THE INSURANCE CARD AND DIAL THE CUSTOMER SERVICE NUMBER.**

**1) ASK IF MENTAL HEALTH IS COVERED THROUGH YOUR PLAN?**

**2) WHAT WILL I BE RESPONSIBLE FOR PAYING?**

**3) HOW MANY SESSIONS ARE COVERED?**

**4) DOES MY EMPLOYER HAVE AN EMPLOYEE ASSISTANCE PROGRAM (EAP)?**

**5) IF SO, HOW MANY SESSIONS ARE COVERED?**



Thank you for your time and for allowing me to bring  
***Synergy*** into your life by incorporating both God and  
Therapy!

