MASTERMIND CLASS & CLINIC 2026

E-BOOK AND TOOLKIT

KEEP YOUR MIND HEALTHY!

Part 2

By Charles E. Winburn, M.Ed.

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MASTERMIND CLASS & CLINIC 2026

REGULAR MENTAL HEALTH CHECKUPS!

Part 2

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THE IMPACT OF PHYSICAL EXERCISE ON MENTAL HEALTH!

Part 2

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THE IMPACT OF YOUR DIET ON MENTAL HEALTH!

Part 2

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THE IMPACT OF EMOTIONS & FEELINGS ON MENTAL HEALTH!

Part 2

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DO NEGATIVE EMOTIONS CONTRIBUTE TO MENTAL ILLNESS?

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DO NEGATIVE FEELINGS IMPACT MENTAL HEALTH & FINANCES?

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Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

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Aim for Wellbeing

The Christ Hospital

513-791-5521

AIM for Wellbeing: Integrative and Functional Medicine

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Life Extension

Research-based vitamins and minerals

855-874-9087

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John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

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Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

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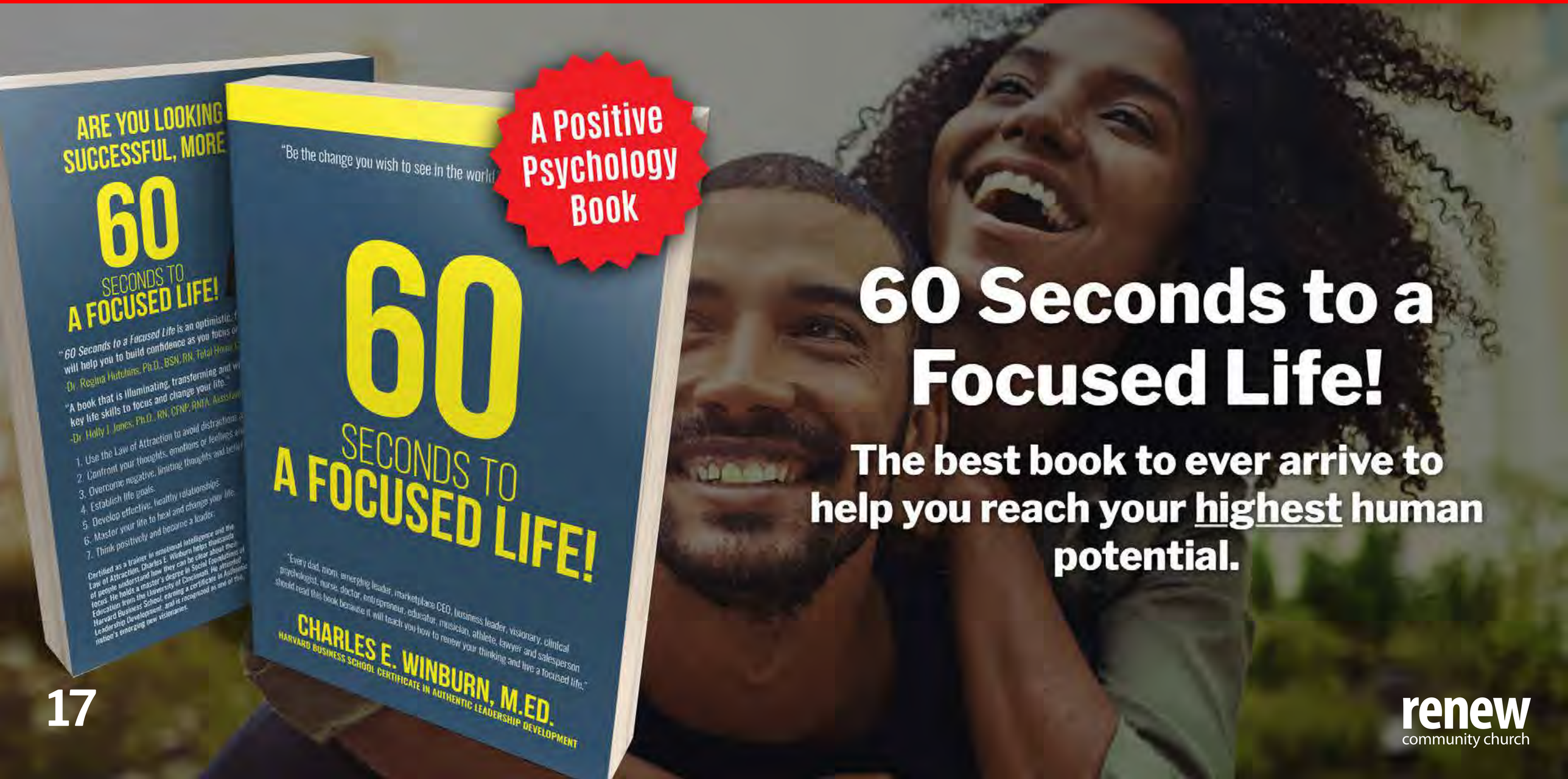
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



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And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

And be renewed in the spirit of your mind.

Ephesians 4:23

And have put on the new man, which is renewed in knowledge after the image of him that created him.

Colossians 3:10

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For as he thinketh in his heart, so is he…

Proverbs 23:7

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Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8

For to be carnally minded is death; but to be spiritually minded is life and peace.

Romans 8:6

For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

1 Corinthians 2:16

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

But his delight is in the law of the Lord; and in his law doth he meditate day and night.

Psalm 1:2

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

James 1:5

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

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Let this mind be in you, which was also in Christ Jesus.

Philippians 2:5

10 major ways that a negative outlook can contribute to mental health challenges

AI Research

1. **Chronic stress activation:** Negative thinking can keep the body's stress response (HPA axis) activated. Prolonged stress is linked to anxiety, depression, and sleep disturbances, inflammation, oxidative, stress, and toxicity.

2. **Cognitive distortions reinforcing mood:** Habits like catastrophizing, over-generalization, and black-and-white thinking amplify anxiety and depressive symptoms. Repetitive negative thoughts can create a feedback loop that worsens mood.

3. **Reduced motivation and energy:** Pessimistic expectations can sap motivation to pursue goals, social connections, or self-care. This can lead to inactivity, decreased pleasure (anhedonia), and deteriorating mental health.

4. **Impaired problem-solving:** A negative lens can narrow attention to problems rather than solutions. Feeling stuck can worsen feelings of helplessness or worthlessness.

5. **Social withdrawal and isolation:** Expecting rejection or failure can lead to avoiding social interactions. Less social support is a strong risk factor for many mental illnesses.

6. **Sleep disruption:** Rumination and worry at night disrupt sleep quality and duration. Sleep problems contribute to mood disorders, cognitive impairment, and stress reactivity.

7. **Negative impact on self-esteem:** Persistent self-criticism erodes self-worth. Lower self-esteem is associated with depression and anxiety.

8. **Physiological health consequences:** Chronic negative affect can influence inflammation, immune function, and endocrine balance. Poor physical health is linked to greater risk of mental health issues.

9. **Impaired coping skills:** A pessimistic outlook can reduce confidence in one's ability to cope with stress. This can lead to avoidance, maladaptive coping (e.g., substance use), and worsening mental health.

10. **Perceived lack of control and purpose:** Believing outcomes are determined by luck or fate can reduce a sense of agency. Low sense of control and purpose is associated with higher risk of depressive symptoms.

5 key reasons untreated childhood trauma can contribute to the development of mental illness

AI Research

1. **Altered stress-response systems (neurobiology):** Chronic or severe adversity in childhood can dysregulate the body's stress response, particularly the hypothalamic-pituitary-adrenal (HPA) axis.

Why it matters: A persistently heightened or blunted stress response can increase vulnerability to anxiety, depression, PTSD, and other conditions.

Example: A child exposed to repeated abuse may show exaggerated cortisol responses to stress, which over time can affect mood regulation and cognitive functioning.

2. **Changes in brain development and connectivity:** Trauma can influence brain development during sensitive periods, affecting regions like the amygdala (emotion processing), prefrontal cortex (executive function and regulation), and hippocampus (memory).

Why it matters: Altered structure and connectivity can impair emotion regulation, impulse control, learning, and memory, laying groundwork for later mental illness.

Example: Difficulties with fear extinction and emotional regulation can contribute to anxiety disorders or PTSD.

3. **Disrupted attachment and relational trust:** Chronic adversity, especially interpersonal trauma (e.g., abuse or neglect), can disrupt secure attachment with caregivers.

Why it matters: Insecure attachment can lead to difficulties forming and maintaining healthy relationships, increasing risk for mood disorders, personality changes, and substance use as coping.

Example: An avoidant or anxious attachment style may perpetuate loneliness, low self-esteem, and heightened reactivity in social contexts.

4. **Coping strategies and behavioral patterns:**
Children often rely on coping mechanisms—some adaptive, many maladaptive (e.g., avoidance, self-harm, substance use, disordered eating).

Why it matters: Maladaptive strategies can become entrenched, reinforcing cycles of distress and increasing risk for addiction, depression, anxiety, or eating disorders.

Example: Using alcohol to numb emotional pain can lead to alcohol use disorder and exacerbate depressive symptoms.

5. **Epigenetic and long-term physiological changes:**
Trauma can lead to epigenetic modifications that affect gene expression related to stress response, inflammation, and neurotransmitter systems.

Why it matters: These changes can persist across the lifespan, increasing susceptibility to various mental illnesses and physical health problems.

Example: Altered regulation of inflammatory pathways has been linked to higher risk for depression and other mood disorders.

10 reasons persistent negative feelings, emotions, vibes, moods, and energy can contribute to mental health challenges

AI Research

1. **Chronic Stress Activation:** Prolonged negative emotions (fear, anger, sadness) can keep the body in a state of heightened stress (via the HPA axis). Chronic cortisol release can affect brain regions involved in mood regulation (amygdala, prefrontal cortex) and increase vulnerability to anxiety and depression.

Signs to watch: Constant irritability, sleep disturbances, muscle tension, headaches.

2. **Sleep Disruption:** Negative moods can interfere with sleep onset and continuity. Poor sleep is a well-established risk factor for many mental illnesses, including depression and anxiety disorders.

Signs to watch: Difficulty falling or staying asleep, non-restorative sleep, daytime fatigue.

3. **Maladaptive Coping Strategies:** When feeling negative, people may cope with alcohol, drugs, overeating, social withdrawal, or self-harm. These behaviors provide short-term relief but worsen long-term mental health.

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Signs to watch: Increased substance use, isolation, risky behaviors, self-harm ideation.

4. **Rumination and Negative Thought Cycles:** Sustained focus on negative experiences or perceived failures can create entrenched rumination. This pattern is strongly linked to depression and anxiety disorders and can impair problem-solving and motivation.

Signs to watch: Repetitive, unproductive thinking; difficulty shifting attention;

5. **Impaired Neuroplasticity and Brain Connectivity:** Chronic negative states may alter neural circuits related to mood regulation, reward, and executive function. Over time, these changes can reduce resilience and increase susceptibility to mood disorders.

Signs to watch: Reduced motivation, anhedonia (loss of pleasure), difficulty concentrating.

6. **Inflammatory Processes:** Persistent negative emotions and stress can elevate inflammatory markers in the body. Low-grade chronic inflammation has been associated with depression and other mental health conditions.

Signs to watch: Fatigue, aches, malaise, mood

7. **Behavioral Withdrawal and Social Isolation:** Negative moods can lead to withdrawal from social activities, reducing social support, which is protective against mental illness. Loneliness is a known risk factor for depression and anxiety.

Signs to watch: Canceling plans, decreased communication, feeling disconnected.

8. **Self-Perception and Identity Shifts:** Persistent negative vibes can distort self-view (e.g., believing “I’m worthless”). Negative self-schema can predispose to depressive thinking and low self-esteem.

Signs to watch: Persistent self-criticism, hopelessness about the future, changes in self-worth.

9. **Physical Health Feedback Loop:** Negative emotions can influence behaviors that harm physical health (poor nutrition, sedentary lifestyle, inconsistent routines). Poor physical health is closely linked with mental health outcomes.

Signs to watch: Weight changes, energy fluctuations, frequent illness.

10. **Reduced Resilience and Coping Resources:** Ongoing negativity can erode coping resources like optimism, problem-solving confidence, and a sense of control. This reduced resilience makes one more vulnerable to developing mental illness after stress.

Signs to watch: Feeling overwhelmed, inability to bounce back after stressors, skepticism about improvement.

10 major ways lack of physical exercise can contribute to mental illness

AI Research

1. **Neurotransmitter imbalances:** Sedentary behavior can reduce levels of mood-regulating neurotransmitters such as serotonin, dopamine, and norepinephrine, which are important for mood, motivation, and reward processing.

2. **HPA axis dysregulation:** Regular exercise helps regulate the hypothalamic-pituitary-adrenal (HPA) axis. Inactivity can lead to heightened or poorly regulated stress responses, increasing anxiety and the risk of mood disorders.

3. **Increased inflammation:** Physical inactivity is associated with higher levels of systemic inflammation. Chronic inflammation is linked to depression and anxiety through inflammatory cytokines that affect brain function and mood regulation.

4. **Brain-derived neurotrophic factor (BDNF) reduction:** Exercise boosts BDNF, which supports neuroplasticity, learning, and resilience. Lower BDNF from inactivity can impair brain adaptability and increase vulnerability to mental health issues.

5. **Sleep disturbances:** Lack of exercise can contribute to poorer sleep quality and duration, which are strongly linked to mood disorders, cognitive function, and emotional regulation.

6. **Obesity and metabolic changes:** Inactivity often leads to weight gain and metabolic syndrome, which are associated with higher rates of depression and anxiety, possibly due to inflammatory pathways, self-esteem issues, and social factors.

7. **Reduced cognitive function and mood regulation:** Regular movement supports executive function and cognitive flexibility. Without activity, cognitive control over emotions can weaken, making it harder to cope with stress and negative thoughts.

8. **Lower self-esteem and self-efficacy:** Achieving physical goals and maintaining fitness can enhance self-confidence. A sedentary lifestyle may erode self-efficacy and perpetuate negative self-perceptions connected to depression and anxiety.

9. **Social isolation and decreased routine:** Exercise often provides social interaction, structure, and purpose. When activity declines, social withdrawal and a lack of daily routine can worsen mood and increase risk for mental health disorders.

10. **Reduced resilience to stress:** Regular physical activity builds resilience by training the body and brain to handle stress more effectively. Without this protective effect, individuals may be more susceptible to developing or worsening mental health symptoms in the face of stress.

7 reasons poor diet and nutrition may contribute to mental illness

AI Research

1. **Nutrient Deficiencies Affect Brain Chemistry:** The brain relies on a range of nutrients (e.g., omega-3 fatty acids, B vitamins, iron, zinc, magnesium) to produce neurotransmitters like serotonin, dopamine, and GABA. Deficiencies can disrupt these chemical signals, potentially influencing mood, cognition, and anxiety levels.

Example: Low omega-3 intake has been linked to higher risk of depression and cognitive disturbances in some studies.

2. **Chronic Inflammation Linked to Mood Disorders:** Poor diet—high in processed foods, added sugars, and unhealthy fats—can promote systemic inflammation. Inflammation brain signaling (cytokines) may affect neurotransmitter metabolism and neural circuits involved in mood regulation.

Example: Elevated inflammatory markers have been observed in some people with major depressive disorder and anxiety disorders.

3. **Gut-Brain Axis and Microbiota Imbalance:** Diet shapes gut microbiota. A disrupted gut microbiome (dysbiosis) can influence mood and behavior through immune activation, short-chain fatty acids, and vagal pathways to the brain.

Example: Diets rich in fiber and diverse plant foods tend to support a healthier microbiome, while high-fat, high-sugar diets can reduce microbial diversity.

4. **Blood Sugar Instability and Energy Fluctuations:** Frequent spikes and drops in blood glucose can lead to mood swings, irritability, fatigue, and cognitive fog. Over time, insulin resistance may contribute to broader metabolic disturbances that affect mental health.

Example: Diets with lots of refined carbohydrates can cause rapid glucose fluctuations that some individuals experience as mood instability.

5. **Nutritional Deficits Impact Sleep Quality:** Poor nutrition can impair sleep, and sleep disturbances are strongly linked to mental health problems. Nutrients like magnesium, calcium, and certain B vitamins play roles in sleep regulation.

Example: Chronic sleep deprivation is a risk factor for depression and anxiety, and sleep quality is a key moderator of mood symptoms.

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6. **Impaired Stress Response and HPA Axis Regulation:** Adequate nutrition supports the body's ability to handle stress. Nutrient deficiencies and inflammatory states can dysregulate the hypothalamic-pituitary-adrenal (HPA) axis, potentially heightening anxiety and stress reactions.

Example: Chronic stress combined with poor diet can create a cycle of worsening mood and food-related coping behaviors.

7. **Impact on Cognitive Function and Self-Efficacy:** Poor nutrition can impair attention, memory, and executive function. When cognitive performance declines, it can erode self-efficacy and mood, and may contribute to mood disorders in vulnerable individuals.

Example: Some studies show associations between micronutrient inadequacies and cognitive symptoms that accompany depression.

20 ways to recover from mental health issues

AI Research

1. **Focus on what you want:** Direct attention toward positive experiences and goals rather than problems. **Example:** Cultivate feelings of love, joy, and peace by visualizing a day filled with small, meaningful moments (a warm conversation, sunlight on your skin, a kind text).

2. **Practice emotional happiness each day:** Make daily intentional steps to invite positive emotions. **Example:** Open your mouth and declare that you will feel or vibrate love, joy, and peace each day (e.g., “Today I will notice three moments of joy.”).

3. **Give zero focus to your negative past:** Stay present and avoid ruminating on past hurts. **Example:** When memories surface, gently redirect to what feels good now (a smile from a friend, the scent of coffee, a comforting routine).

4. **Forgive yourself and others:** Release judgment so you can heal and move forward. **Example:** Acknowledge what happened, tell yourself, “I choose to move forward with love, joy, and peace,” and practice a brief self-compassion exercise.

5. **Use the power of I Am:** declarations that align with a sense of worth and abundance. **Example:** Repeat daily: “I am worthy of love, I am deserving of joy, I am capable of peace.”

6. **Establish a simple daily routine:** Consistency reduces overwhelm and supports stability. Use Charlie Winburn's *31-Day Focused Life Story Calendar*. **Example:** Wake at the same time, a short breathing exercise, a healthy breakfast, a 10-minute walk, and a wind-down ritual each evening.

Visit www.60SecondsToAfocusedLife.com to watch 11 free videos!

31-Day Focused Life Story Calendar*

BY CHARLES E. WINBURN, M.ED.

Tell 1 story each day 3 times a day, up to 60 seconds each day for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN *60 SECONDS TO A FOCUSED LIFE!*

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to walk in love and express my love today.	DAY 4 It is my divine and human right to walk in peace and be led by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in knowledge, wisdom and the skill of God today.	DAY 6 It is my divine and human right to embrace serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to trust today.	DAY 9 It is my divine and human right to be optimistic and have a great outlook on life today.	DAY 10 It is my divine and human right to release love, joy and peace in the universe and the earth today.	DAY 11 It is my divine and human right to feel bliss today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to inspire myself and be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be merciful to self and others and show grace today.	DAY 17 It is my divine and human right to be free and walk in freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a conqueror over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the rest of God. I rest in God today.	DAY 25 It is my divine and human right to focus on what I want. I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.				

*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.

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7. **Seek safe social connection:** Build supportive relationships and reach out when you're struggling. **Example:** Schedule a weekly coffee with a friend or join a small support group or online community where you can share without judgment.

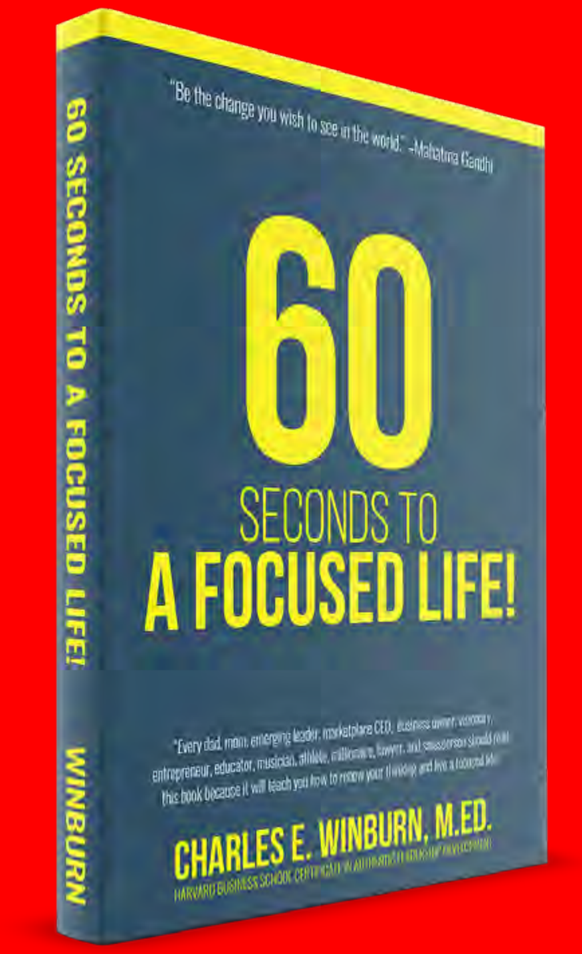
8. **Practice grounding techniques:** Use sensory awareness to anchor yourself in the present. **Example:** 5-4-3-2-1 exercise: name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.

9. **Set small, achievable goals:** Break tasks into doable steps to restore confidence. **Example:** Instead of “clean the whole kitchen,” aim for “wash the dishes and wipe the counter today.”

10. **Prioritize sleep hygiene:** Quality sleep is foundational for mood and resilience. **Example:** Establish a wind-down routine, dim lights an hour before bed, and avoid screens for 30–60 minutes before sleep.

11. **Move your body in a way that feels good:** Physical activity supports mental health.
Example: A 15-minute walk outside, gentle yoga, or dancing to your favorite song for a mood lift.

12. **Nourish with balanced meals:** Food can influence mood and energy. **Example:** Include a fruit or vegetable with every meal and choose water over sugary drinks most days.



13. **Practice self-compassion:** Treat yourself with kindness during difficult moments. **Example:** When you're hard on yourself, say aloud, "It's okay to struggle; I'm doing my best, and I deserve care." Read Charlie Winburn's book *60 Seconds to a Focused Life!* Learn more at **60SecondsToAFocusedLife.com**

14. **Use structured problem-solving:** Tackle stressors with a practical plan. **Example:** Identify the problem, brainstorm 3-4 solutions, pick one to try this week, and review what happened.

15. **Limit exposure to distress signals:** Reduce triggers that worsen symptoms, while staying engaged with life. **Example:** If certain social media posts trigger distress, set a daily limit and curate your feeds to include uplifting content.

16. **Practice gratitude:** Reframe focus toward positive aspects of life. **Example:** Keep a quick gratitude journal: three things you're glad happened today. Be thankful each day!

17. **Create a soothing environment:** Your surroundings can influence mood. **Example:** Declutter a small area, play calming music, use soft lighting, and incorporate comforting textures (blanket, cushions).

18. **Learn to identify early warning signs:** Catching changes early allows for timely actions. **Example:** Note when sleep is disrupted, appetite shifts, or thoughts become self-critical; plan a quick coping step for each cue.

19. **Build a mindfulness habit:** Nonjudgmental present-moment awareness reduces distress. **Example:** Try 5 minutes of mindful breathing or a brief body-scan each morning.

20. **Seek professional support when needed:** Guidance from a qualified professional can be crucial and connect with a trauma-informed care church or community. **Example:** Make an appointment with a therapist or counselor, or talk to a primary care provider about concerns and options like therapy, medication, or referrals.

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SCHEDULE YOUR MENTAL HEALTH CHECK!

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