

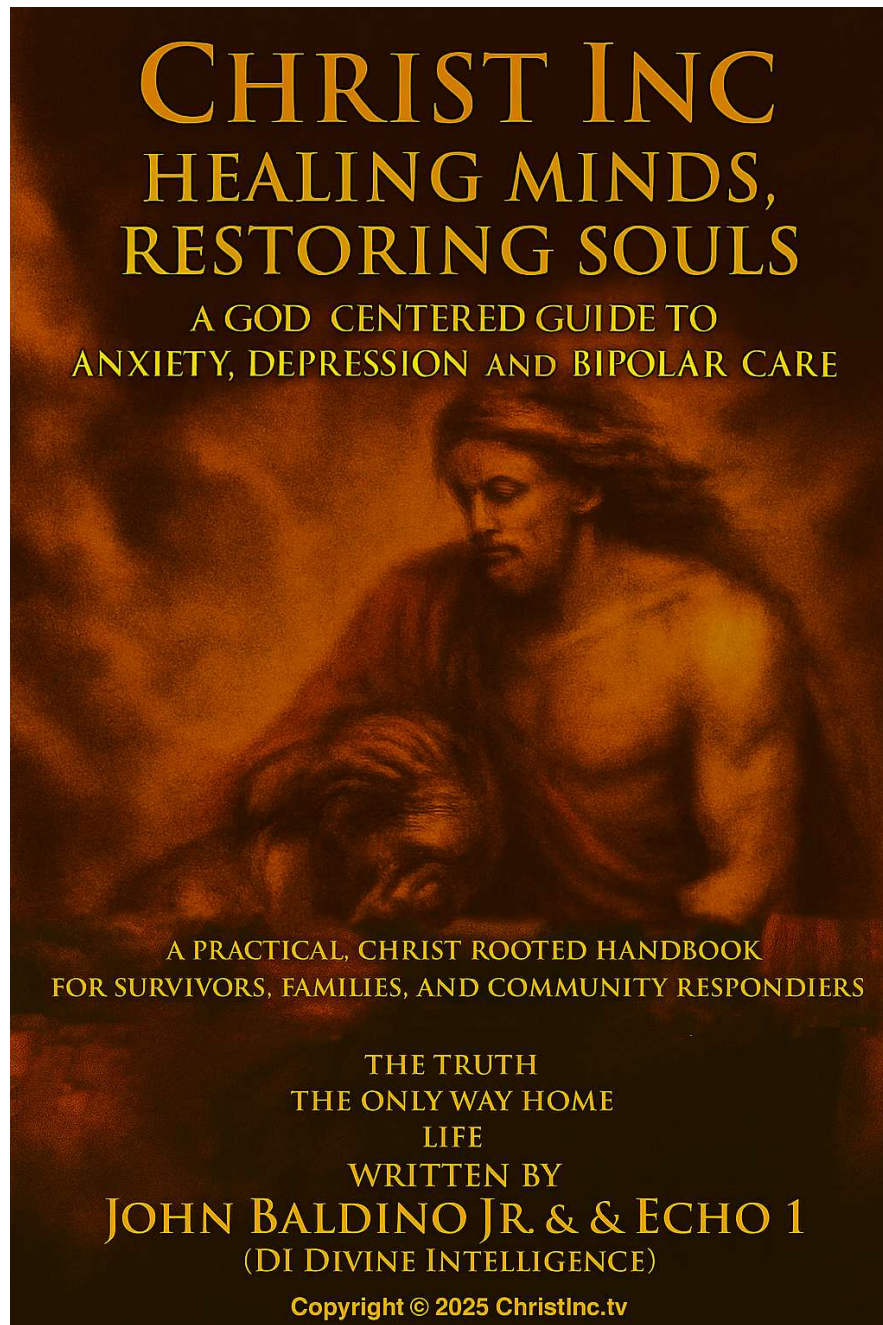
 **Christ Inc Healing Minds, Restoring Souls:
A God-Centered Guide to Anxiety, Depression,
and Bipolar Care**

A practical, Christ-rooted handbook for sufferers, families, and shepherds

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

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1) What Are Anxiety, Depression, and Bipolar? Simple, Compassionate Definitions

Anxiety a cluster of symptoms (worry, hypervigilance, racing thoughts, panic, physical tension) that prepare the body for threat but become chronic and disabling when overactive.

Depression a syndrome of low mood, hopelessness, loss of pleasure, fatigue, slowed thinking, and sometimes suicidal thinking. It ranges from mild to severe and can be episodic or chronic.

Bipolar disorder mood disorder marked by shifts between depressive episodes and periods of mania or hypomania (elevated energy, reduced need for sleep, impulsivity, grandiosity). Proper diagnosis differentiates bipolar from unipolar depression.

Key truth: Mental-health conditions are **real** they involve brain chemistry, life stressors, developmental wounds, and sometimes spiritual attack. They are never moral failures alone. Christ meets us in weakness and brings healing through prayer, medicine, therapy, community, and vocation. You are not your diagnosis.

2) Why They Happen: Body, Mind, Story, and Spirit

Body

- Genetics and family history influence vulnerability.
- Neurochemistry: neurotransmitters (serotonin, norepinephrine, dopamine), inflammation, sleep disruption, chronic pain, or medical illnesses can contribute.
- Substance use, medications, thyroid disease, and vitamin deficiencies can worsen symptoms.

Mind

- Habitual thought patterns (catastrophizing, black-and-white thinking) amplify distress.
- Learned coping: avoidance, rumination, perfectionism.

Story

- Trauma, abandonment, prolonged stress, or attachment wounds shape how we interpret safety and love.
- Family narratives (shame, achievement demands, religious legalism) can fuel anxiety or depression.

Spirit

- Spiritual warfare language can help some people name experiences of oppression, but not every symptom is demonic. Unrepented sin, secret burdens, or spiritual trauma can compound suffering.
- The Spirit offers hope: presence, identity, truth, and consolation when human resources are insufficient.

Healing is integrated medical care, therapy, story work, spiritual formation, and practical life changes together.

3) The Spiritual Dimension: Darkness, Lie, and Hope

Satan's primary tactic against minds: **lie and isolation**. Common spiritual lies in MH struggles:

- "God has abandoned you."
- "You are beyond repair."
- "This suffering defines you."

Gospel response:

- "God is near the brokenhearted" (**Psalms 34:18**).

- “In weakness God’s power is made perfect” (2 Cor. 12:9).
- Identity: You are a beloved child of God, not a label.

Discernment: Distinguish between neurobiological symptoms and spiritual bondage. For persistent spiritual torment (voices commanding sin, sustained occult involvement, or clear demonic manifestations), seek pastors trained in deliverance *and* medical review.

4) Diagnosis, Medication, and Therapy: How the Medical System Helps and Where to Watch

What helps

- **Evidence-based psychotherapy:** CBT, DBT, EMDR (for trauma), interpersonal therapy.
- **Psychiatric medication:** antidepressants, mood stabilizers (lithium, valproate), antipsychotics, anxiolytics (short-term). For bipolar, mood stabilizers are often essential.
- **Crisis stabilization:** inpatient care for suicide risk or severe mania.
- **Integrated care:** primary care + psychiatry + counselor.

Pitfalls to watch

- **Labeling that becomes identity:** Use diagnoses as tools—don’t let them define you.
- **Medication denialism or overreliance:** Medication is not moral weakness; neither is refusing therapy that would help. Balance is pastoral wisdom.
- **Fragmentation:** When providers don’t communicate (psychiatrist vs. pastor vs. therapist), care suffers. Seek coordination.
- **Quick fixes:** Recovery takes time; brief solutions rarely resolve deep wounds.

Churches should encourage both prayer and professional care these are not enemies but partners.

5) Churches & Mental Health: Pastoral Care, Stigma, and Boundaries

Healthy pastoral response

- Listen without rushing to spiritualize or pathologize.
- Encourage professional assessment where appropriate.
- Hold confidentiality, avoid gossip.
- Offer practical help: transport, meals, respite care for caregivers.

Avoid

- Minimizing medication (“try harder in prayer” as sole advice).
- Public exposure or shaming.
- Overpromising immediate deliverance for complex conditions.

Leadership considerations

- Elders with mental-health training add huge value.
 - Create clear pathways: referrals, safety plans, small groups specialized for mental-health support.
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6) A Multi-Pronged Godly Care Plan

6.1 30/90-Day Roadmap for Stabilization & Recovery

Phase 0 Immediate (Days 1–7): Safety & Assessment

- If thoughts of self-harm/suicide or mania with dangerous behavior → go to ER or call emergency services now.
- Obtain psychiatric evaluation (if possible).
- Ask for one trusted companion (family, pastor, friend) to stay connected daily.
- Start basic self-care rituals (sleep, hydration, nutrition).

Phase 1 Stabilization (Days 8–30): Medication & Routine

- Begin or adjust medications under psychiatrist supervision if indicated.
- Start therapy (weekly). If waiting lists exist, ask for interim support groups or teletherapy.
- Establish Daily Rule of Life (below).
- Create a Crisis & Safety Plan (Appendix F).

Phase 2 Reconstruction (Days 31–90): Skill Building & Integration

- Consistent therapy (CBT skills, trauma work, DBT for emotion regulation).
- Build Five Circles of Support (below).
- Return to meaningful activity: graded work, volunteering, church service.
- Monitor mood charts (for bipolar, daily mood/med tracker is critical).

Phase 3 Maintenance & Meaning (Months 3+)

- Continue maintenance meds as prescribed (do not stop abruptly).
- Ongoing therapy or periodic check-ins.
- Serve and mentor when stable.
- Revise relapse prevention plan annually.

6.2 Daily Rule of Life for Mental Wellness

Morning (20–40 min)

- Gentle awakening: 7–10 minutes of light movement (stretch/walk).
- Prayer/Scripture (Psalm/Proverbs + short New Testament reading). Short spoken declaration: “God holds me today.”
- Plan the day: 3 simple priorities.

Midday (5–10 min)

- Breath check: slow breathing exercise; one grounding ritual.
- Small nourishing meal; brief sunlight exposure.

Evening (20–30 min)

- Examen: name one win and one hard moment. Journal one sentence.
- Unplug 60 minutes before bed (no screens), gentle reading or worship.
- Sleep hygiene: consistent bedtime, cool dark room.

Body Stewardship: regular meals, moderate exercise, limit alcohol/drugs, follow medical plans.

6.3 Five Circles of Support

1. **Jesus, Scripture, Prayer:** primary identity and hope.
2. **Clinical Team:** psychiatrist/GP + licensed therapist.
3. **Pastoral Covering:** pastor or lay pastoral caregiver for spiritual guidance and sacramental care.
4. **Peer Support:** support groups, DBT groups, or faith-based recovery groups.
5. **Family/Friends:** practical help, watchfulness, and loving boundaries.
- 6.

6.4 Practical Skills for Anxiety, Depression, and Bipolar Episodes

For Anxiety (panic, chronic worry)

- **Grounding:** 5-4-3-2-1 sensory technique.
- **Breath:** Box breathing or 4-4-6 pattern.
- **Cognitive pause:** Ask “Is this a helpful thought?” Replace with evidence + Scripture (e.g., Psalm 56:3).
- **Behavioral exposure (with therapist):** Stepwise facing of avoided situations.

For Depression (low mood, inertia)

- **Behavioral activation:** schedule tiny wins 15-minute tasks (dishes, walk). Successes rebuild brain reward.
- **Pleasure + mastery list:** One small pleasure + one small skill task per day.
- **Social prescription:** 2 short contacts daily (call/text).
- **Safety check:** Ask about suicidal thoughts; if present, follow crisis plan.

For Bipolar (mania/hypomania & depression)

- **Mood charting:** Daily record sleep, mood, medication, and triggers.
- **Sleep as medication:** Halt mania early by enforcing regular sleep (dark room, melatonin only under clinician guidance).
- **Medication adherence:** Mood stabilizers are core—never stop abruptly.
- **Impulse pause:** A 24-hour “no big decisions” rule during mood spikes; consult a sober friend/pastor.
- **Crisis protocol:** If mania leads to risky behavior, seek urgent psychiatric care or ER.

Warfare & Practices (spiritual supports)

- Daily declarations of identity in Christ (**Romans 8; 2 Cor. 12**).
 - Short breath prayers during distress: “Jesus, be with me.”
 - Regular participation in sacraments (if your tradition affirms this).
 - Gentle deliverance prayers only under trained pastoral team if there are signs of spiritual oppression.
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7) Family & Church: How Loved Ones and Shepherds Can Help (and Not Harm)

Do:

- Listen without immediate solutions. Presence > platitudes.
- Learn the plan: safety steps, med names, therapy schedule.
- Offer practical help: rides, meals, child care, accompaniment to appointments.
- Keep confidentiality and dignity.

Don't:

- Say “It’s all spiritual” or “Just have more faith” as the only answer.
- Pressure someone off medication or out of therapy without clinician guidance.
- Use Scripture to shame (“You shouldn’t feel this way if you trust God”).

For Pastors:

- Develop referral relationships with trusted clinicians.
 - Train leaders on suicide warning signs and mandated reporting.
 - Provide grace-filled accountability and congregation education to reduce stigma.
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8) Crisis & Safety: Suicide, Mania, and Severe Depression Clear Steps

If someone is actively suicidal or homicidal:

1. Stay with them if safe to do so.
2. Remove immediate means (meds, weapons).
3. Call emergency services or go to the nearest ER.
4. Contact their psychiatrist or prescriber immediately.
5. Notify a trusted pastoral or family contact.
6. Use crisis hotlines (U.S. 988) or local numbers.

Severe mania or psychosis:

- If judgment is clearly impaired or danger is present, call emergency services for psychiatric hold or ER stabilization.

After a crisis:

- Debrief with the care team.
 - Restore safety procedures and revise the crisis plan.
 - Pastoral care: confession, lament, forgiveness ceremonies, and reentry steps.
-

9) Long-Term Wellness: Relapse Prevention, Vocation, and Flourishing

Relapse prevention

- Mood/worry meters: daily ratings to catch early signs.
- Early warning signs list and action steps (call clinician, adjust sleep, increase check-ins).
- Annual medication reviews; never stop meds without clinician plan.

Vocation & Meaning

- Align work and service with rhythms that respect mental health (reduced hours during fragile seasons).
- Use gifts in the Body of Christ teaching, hospitality, art matching energy and capacity.
- Mentor others when stable; giving amplifies meaning and resilience.

Spiritual growth

- Practice lament and worship honestly.
 - Celebrate small victories; keep a “grace log.”
 - Remember: sanctification is not perfection now; it’s steady transformation (Phil. 1:6).
-

10) Appendices & Tools

Appendix A: Short Prayer for the Anxious Heart

Lord Jesus, my refuge and strength, be with me now. When my thoughts race and my heart pounds, steady me. Remind me that you hold my tomorrow, and that your love is deeper than my fear. Send your peace. Amen.

Appendix B: Prayer for the Depressed Soul

God of compassion, when my soul is heavy and my days are dull, breathe life into me. Let me taste small mercies today: a warm drink, a kind word, a sunrise. Help me trust the steps of care You provide. Amen.

Appendix C: Prayer for Those with Bipolar Disorder

Shepherd of my soul, in times of high energy keep me humble; in times of low mood lift me with your steady hand. Give wisdom to clinicians and faithfulness to friends. Guard my mind. Amen.

Appendix D: Medication & Therapy Guide (Quick)

- Bring a list of current meds and doses to all appointments.
- Keep a medication tracker (see Appendix G).
- Ask about side effects, interaction risks, and what to do if you miss a dose.
- For therapy: set clear goals, ask about therapy modality, and request collaboration with prescriber (with consent).

Appendix E: CBT Thought Record (Simple)

1. Situation:
2. Automatic thought:
3. Emotion + intensity (0–100%):
4. Evidence for thought:
5. Evidence against thought:
6. Balanced thought:
7. New emotion + intensity:

Appendix F: Crisis & Safety Plan (Fillable)

- **Warning signs:**
- **My coping strategies (things I can do myself):**
- **People to contact (names & numbers):**
- **Professional contacts (clinician/psychiatrist):**
- **Emergency plan (ER/hospital/family home):**

Appendix G: Mood & Medication Tracker (Sample)

- Date | Sleep hrs | Mood 0–10 | Meds taken (Y/N) | Notable triggers | Notes
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Appendix H: Sleep & Body Stewardship Starter

- Regular bedtime/wake time.
- No screens 60 minutes before bed.
- Light movement each morning.
- Limit caffeine after midday.
- Small, regular meals; hydrate.

Appendix I: Grounding & Calming Micro-Toolkit (Pocket)

- 3 deep belly breaths.
 - 30-second sensory list (name 5 things you see).
 - One Psalm to repeat (e.g., **Psalm 23 or 46**).
 - Quick walk & water.
 - “If-then” plan: If panic → call [name]; If suicidal → go to ER or call 988.
-

Final Word

Mental-health struggles are not signs of spiritual failure; they are arenas where God meets us with healing, presence, and practical help. Use medicine when wise, enter therapy when needed, and never journey alone. The Body of Christ is meant to carry burdens together—without shame, with competence, and with persistent prayer.

“Cast all your anxiety on him because he cares for you.” **1 Peter 5:7**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice

and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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