

PRACTICAL TIPS – CARING FOR YOURSELF

- Think of ten things you wish a friend would do for you; pick one and do it for yourself.
- Give yourself credit for what you accomplished today instead of berating yourself for everything you didn't do.
- Pray this verse as you tackle hard work: "The Lord will make you successful in your daily work." Deuteronomy 28:6
- When your cup is half full, share it with a friend. When it is half empty, ask your friend to return the favor.
- It's hard to pay your bills, walk the dog, or send an email when you're in the shower. Do what you are doing when you are doing it.
- Ask directly for things you need from others. Give yourself permission to need.
- "If you are having trouble, you should pray. And if you are feeling good, you should sing praises." James 5:13
- When you're feeling down, ask a cheerful friend to spend time with you.
- When things aren't going according to your schedule, remember there's God's time and then there's your time.
- Give yourself permission to sleep when you are tired.
- When you feel angry with yourself, ask God to let you feel His peace.
- Find something in your life to celebrate each day, even if it is just that you made it through the day. "This is the day the Lord has made; let us rejoice and be glad in it." Psalm 118:24
- If you want a new perspective on your life, rearrange your furniture.
- "Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel." Philippians 4:6-7