

SELF CARE

SHELTER-IN-PLACE WEEK 5



HOW ARE WE DOING?

How are your sleep patterns? Are you getting enough sleep? Is it good or is it restless?

Are you eating healthy meals?

Are you getting outside and/or exercising?

How much time are you spending on screens?

Have you found a way to decompress?

IDEAS

1. Disconnect from the media
2. Keep a journal
3. Take an online class
4. Plan your meals - experiment!
5. Rediscover an old hobby - or take up a new one!
6. De-clutter your space
7. Keep Moving - exercise is SUPER important
8. Read a book
9. Meditate - try using a word or image to get started
10. If you are working from home - establish a schedule and honor it

PSALM 121

I turn my eyes to the mountains; from where will my help come?

My help comes from the Lord, maker of heaven and earth.

He will not let your food give way; your guardian will not slumber;

See, the guardian of Israel neither slumbers nor sleeps!

The Lord is your guardian, the Lord is your protection at your right hand.

By day the sun will not strike you, nor the moon by night.

The Lord will guard you from all harm; He will guard your life.

The Lord will guard your going and coming now and forever.