

15 WAYS *to* CARE *for* YOUR SOUL

1. Schedule a “slow day” on your calendar, with no commitments, to reset.
2. Go outside for 10 minutes to breathe the fresh air and recognize the beauty around you.
3. Reassess your commitments, and determine if there is anything you should say “no” to.
4. Make a cup of tea. Keep trying different flavors until you find one you love!
5. Wake up 15 minutes earlier tomorrow. Use this time to pray, read your Bible and write in your journal.
6. Schedule a self-care appointment. This could be getting your nails done, spending alone time in a coffee shop, going to the mall.
7. Take a five-minute walk.
8. Schedule time with life-giving friends.
9. Write out a Bible verse you need right now.
10. Listen to your favorite worship playlist, and focus on the lyrics.
11. Delete all unnecessary emails in your inbox or text messages.
12. Pick up some fresh flowers the next time you’re grocery shopping.
13. Have a declutter session. Fill up at least one bag of items you can donate.
14. Do something new even if it’s simple, like trying a new restaurant.
15. Turn off your phone for 10 minutes, lie down, close your eyes, and just be still and silent.