

SELF-CARE
FOR YOUR BODY

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God— this is your true and proper worship. (Romans 12:1)

Practicing physical self-care is showing your body simple kindness, generously giving it what it needs, and doing things that help you live well.

- **Do something physically soothing.** Snuggle under a cozy blanket, lay down with a soft pillow, take a warm bath, soak your feet, or give yourself a hug.
- **Sit outside.** Soak in the sun, breathe in the fresh air. Sit near an open window or look at pictures of a nature scene that seem refreshing to you. **Think of it as a one-minute vacation.**
- **Listen to your body.** It is a temple of the Holy Spirit. Respect what your body tells you by not pushing past its limits.
- **It's OK to say "No"** to commitments and activities that are beyond your current capabilities. Remind yourself that it *is* OK to say "No."
- **Break tasks into smaller steps.** Instead of cleaning your home all at once, do one small daily, pacing yourself. Your body will thank you.
- **Engage your senses.** Savor a favorite food; delight in a lovely fragrance; relish a beautiful view; enjoy the feel of soft fabric; appreciate the sounds of nature. Embrace the pleasure of God's world.
- **Accept help.** When possible, utilize physical aids (such as a shower chair or grabber) to make tasks easier. Offer friends and family the opportunity to serve and love you by providing needed assistance (or help).
- **Exercise.** Consult your doctor about what type of physical activity is appropriate for you. It might be taking a walk or riding a bike or gentle stretching. Enjoy moving in the best way for you.

SELF-CARE INCLUDES CONNECTION WITH OTHERS

Love one another deeply from the heart. (1 Peter 1:22b)

Connection with others is rooted in love, nourished through prayer, and strengthened by brave vulnerability. It is risky to step out in faith and trust, but it is even riskier to try to live this life alone.

STAYING CONNECTED

Whether in person or virtually, keep in touch with friends and loved ones. Then, thank God for the blessings they add to your life.

- **Focus on the kindness and encouragement** how you and soak up the love they offer.
- **Find something you enjoy** (such as cooking, walking, crafting, or a book club), then delight in connecting with others who share a common passion.
- **Build a bond** with a neighbor or acquaintance. Meet for coffee. Invite them over for a game night. Suggest an activity you might both enjoy doing.
- **Confide in someone you trust.** Let them know if you want advice or just a listening ear.
- **Set healthy boundaries.** Boundaries keep us emotionally safe. We don't want to create an impenetrable wall but setting guidelines will facilitate a growing relationship without compromising our emotional vulnerability.
- **Communicate needs.** It's important to be able to communicate what we need, including how others can help. Keeping a list of what we need help with (such as grocery shopping, errands, lawn care, or a ride to an appointment) makes it easier when someone offers to help.
- **Pick up the phone.** Connecting in person might not always be possible, but a phone call can be a great way of keeping in touch and alleviating loneliness.
- **Write a letter.** Old-fashioned snail mail is a great way to connect. Writing a personal note takes just a little initiative and a few well-invested minutes.
- **Prayer** is one of the most selfless ways we can connect with others because its bonds supersede all others.