

SELF-CARE FOR YOUR EMOTIONS

Trust in him at all times, O people, pour out your hearts to him, for God is our refuge. (Psalm 62:8)

Emotional self-care helps us to identify what we're feeling and express it in healthy ways.

1. **Do something lighthearted.** Blow bubbles, make silly faces in the mirror, watch Christian comedians, or view videos of laughing babies. Make it a point to laugh every day.
2. **Listen to music** that resonates with how you feel, relaxes you, lifts your heart, or puts a smile on your face. Think of it as oxygen for the soul.
3. **Express yourself creatively.** Write a poem, color, draw, sing, or work on a craft project. Notice the easing of difficult emotions as you create.
4. **Focus on God's love** — the greatest antidote to fear. Search for Bible verses or songs about God's love. Let them fill your mind and heart.
5. **Practice forgiveness.** It helps to release the hurt and is an important step toward emotional healing.
6. **Search for Scriptures** with emotional expression. Pray through them if they reflect what's in your heart. Here are a few to get you started:

   My soul is in deep anguish. How long, Lord, how long? Turn, Lord, and deliver me; save me because of your unfailing love. (Psalm 6:3-4)

   Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. (Psalm 25:16-18)

   Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. (Psalm 31:9-10)

SELF-CARE FOR YOUR MIND

Exercise your brain, keep your mind sharp, redirect your thoughts, and focus on what is positive and true with these ten ideas.

1. **Look at pictures** of flowers, mountains, the ocean, sunsets, or sunsets, anything that engages your mind and calms you, so you can take a deep breath.
2. **Listen to music.** It can help with brain health and memory.
3. **Focus on gratitude** when you're anxious or overwhelmed. Keep a list of what you're thankful for and add one new thing every day.
4. **Look for the silver lining.** Remember that God can bring good out of even the most difficult situations. Look for His fingerprint and His presence in new ways.
5. **Exercise your brain.** Do word puzzles or brain teasers, challenge yourself to learn common, everyday words in different languages.
6. **Distract yourself** when your mind is stuck by counting backward from 100 by 7s or counting colors. Choose one color and count each item of that color in the room. Then choose another color, and so on.
7. **Play the alphabet game.** To redirect your thoughts when you need a break from something heavy, think of a name that begins with A then B and so on through the alphabet. You can do this with cities, countries, nouns, flowers, animals, or foods too.
8. **Choose a word** and list all the words you can make from its letters. For example, from the word *heart*, you can form the words: *are, art, earth, hat, ear, heat, rat,* and many more.
9. **Make a list** of Bible verses, quotes, and encouraging words to refocus anxious or negative thoughts circling in your mind. Read the list often and write your favorites on notecards, tape them to your mirror, or save them to your phone.
10. **Take a break** from reading, watching, or discussing world events. Pray for those involved, then redirect your thoughts to what is inspiring, encouraging, and true.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
(Matthew 11:28-29)