

15 Practical Tips

Trauma Soul Care

These 15 practical tips can help us develop healthier ways to navigate everyday life.

1. REST • *Come with me by yourselves to a quiet place and get some rest.* (Mark 6:31) *God knows we need rest, and one of the reasons He established the Sabbath was to give us rest. God's plan was also to use the Sabbath to turn our hearts and minds toward Him, to set aside one day a week as a time of worship and reflection on God's Word.* (Billy Graham)

2. VENT YOUR FRUSTRATIONS TO GOD • Journal your feelings, write a psalm of lament, or simply talk with God. (He is *always* safe.) *Venting our anger in the presence of God ... draws us into a deeper relationship with our Creator. He wants to hear it all, and He aches to speak life into those places of hurt ... He understands.* (Celia A. Miller)

3. GRIEVE THE PAST • *Each person's grief is as unique as their fingerprint, but what everyone has in common is the need for their grief to be witnessed. That doesn't mean needing someone to lessen or reframe it, but for someone to be fully present to the magnitude of their loss without pointing out the "silver lining."* (David Kessler)

4. MAINTAIN HEALTHY BOUNDARIES • It's necessary to set limits and say "no." Healthy boundaries create an understanding of what we are responsible for and what is outside our control. The healthier our boundaries, the greater our capacity to offer empathy and love. *When I don't keep appropriate boundaries, I downgrade who I am in moments of utter frustration and exhaustion. Boundaries aren't to push others away. They are to hold me together ... and boundaries are 100% my choice, not theirs.* (Lysa Terkeurst)

5. AVOID ALL-OR-NOTHING RESPONSES • All-or-nothing responses stem from a subtle voice in the brain sending messages that feel like reality but are not. Instead, Scripture speaks life, reminding us to "take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)

6. BE COMPASSIONATE TO YOURSELF • You are God's beloved. *Define yourself radically as one beloved by God. This is the true self. Every other identity is an illusion.* (Brennan Manning)

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7. SPEAK THE TRUTH IN LOVE (Ephesians 4:15) ...even if it disappoints others. • *Honesty without love is cold, and love without honesty is shallow. Speak the truth with love.* (Selena Frederick)

8. NOTICE AND APPRECIATE THE SMALL MOMENTS that bring a smile to your face. • How often do we miss God's small blessings or quiet miracles? Today, what if we paused at a window, waiting without agenda to notice God's fingerprints just beyond the glass?

9. FORGIVE WHAT YOU CAN'T FORGET – one small part at a time. *Forgiveness breathes spring to the soul, melting pride and self-protection into a healing pool of compassion.* (Cindee Snider Re)

10. CHOOSE TO BE PATIENT AND CURIOUS when you become frustrated. *Our curiosity is for a purpose—to honor the Lord our God with all our hearts and souls and minds—and to love our neighbors as ourselves.* (Barnabas Piper)

11. ENGAGE YOUR CREATIVITY • Follow your interests: paint, dance, plant flowers, sing, write poetry, knit. Though few of us would call ourselves creative, that amazing grace gift is woven into our DNA. As we engage with God, He ignites our curiosity, waking us to wonder and the joy of possibility. When we create, we reflect something of God back to God.

12. ACCEPT AND RESPECT OTHERS' BOUNDARIES • *A key piece of determining where to set God-honoring boundaries is to remember we are called to serve and glorify God, not people. Yes, we should serve people, but that doesn't mean we do what they want, especially if it conflicts with the priorities God has placed on our life.* (Jackie Hill Perry, Jasmine Holmes, Melissa Kruger)

13. ASK FOR HELP. *For when I am weak, then I am strong.* (2 Corinthians 12:10b) • *Others need to know when you're okay with accepting help. "We may be afraid to ask for help, but in God's upside-down economy, strength and courage are found in humbly acknowledging our needs and weakness. We discover God's love and strength in the asking.* (Pamela Piquette)

14. CELEBRATE THE LITTLE THINGS EVERY DAY (breath in your lungs, a gentle breeze, warm sunshine, a kind word). • Celebrate each small win, every tiny triumph, and every unexpected victory, even if the milestone is just a pebble. *Once you start celebrating the little victories in life, you will realize just how infinite they truly are.* (Alicia Emamdee)

15. DON'T LET FEAR STEAL YOUR JOY • Lean into God's love with every worry. *No one can steal your love, joy, and happiness without your permission.* (Debasish Mridha)

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