

Giving You a *Fresh Start* After Trauma!

50 Ways to Take Care of Yourself!

Sometimes life seems overwhelming, and we find it hard to take care of ourselves. I know when I was going through my tumultuous divorce, my priority was my children and basically surviving. Family and friends would ask me what I was doing to take care of myself. I found it hard to go there. I felt so sad for my children that taking time to think about taking care of myself, was out of the question. But it was necessary and is necessary for you. Here are some ideas of things you could do when you feel overwhelmed and need some “you” time.

1. Bake something delicious
2. Buy some flowers
3. Call a friend
4. Color or draw
5. Create your own coffee break
6. Do some “small acts of kindness”
7. Do some gentle stretches
8. Drive somewhere new
9. Eat a meal in silence
10. Enjoy your body – God created it
11. Examine something you see with a new way of looking at it
12. Find a relaxing scent – aromatherapy – not artificial fragrances
13. Fly a kite
14. Forgive someone
15. Send a card to someone having a difficult time and encourage them.
16. Give thanks
17. Go for a run
18. Go for a walk
19. Go to a Farmers Market
20. Go to a lake or ocean
21. Go to a park
22. Go to bed early
23. Learn something new
24. Let go of something – especially if its causing stress in your life
25. Let out a sigh
26. Light a candle
27. Listen to music
28. Make some music
29. Mediate on God’s Word
30. Move twice as slow – stop rushing

31. Paint on something other than paper
32. Pet a furry animal
33. Put on some music and dance – by yourself!
34. Read a book
35. Watch something funny
36. Read poetry
37. Rest your legs up a wall
38. Sit outside and enjoy God's creations (nature)
39. Take a bath
40. Take a bike ride
41. Take deep breaths and exhale slowly
42. Take a nap
43. Turn off all electronics
44. View some art
45. Walk around town and window "look"
46. Watch the clouds
47. Watch the stars
48. Write in a journal
49. Write some poetry
50. Just be you

Kisses from your King

"The Lord is my best friend and my shepherd. I always have more than enough. He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace, the quiet brook of bliss. That's where he restores and revives my life. He opens before me pathways to God's pleasure and leads me along in his footsteps of righteousness so that I can bring honor to his name. Lord, even when your path takes me through the valley of deepest darkness, fear will never conquer me, for you already have! You remain close to me and lead me through it all the way. Your authority is my strength and my peace. The comfort of your love takes away my fear. I'll never be lonely, for you are near." Psalm 23:1-4 The Passion Translation, TPT

He loves you, adores you and wants you to be living in a state of peace. If you cannot believe that, then it will be hard to live in that state of being. Sit with Him, open the Bible and let Him speak to your heart.

My Shepherd made me a Woman Redeemed!