



SELF-CARE

WHAT WILL IT TAKE?

WARNING SIGNS OF BURNOUT

Easily
Triggered

Low
Motivation

Exhaustion

Sleep
Problems

Feeling of
Shame/Guilt

Increased
Anxiety

Physical
Sickness

PRACTICING SELF-CARE

Allows us to
become more
resilient

Is
relationship
care

Saves
marriages

Moves us out
of isolation

Renews
friendships

“I FINALLY FIGURED OUT WHAT THIS IS FOR”



THE A.R.T. OF SELF CARE



ASSESS:

■ Physically

- Exercise
- Doctors Appointments
- Mammogram
- Sleep
- Water

■ Emotionally

- Managing Stress
- Downtime
- Clutter
- Strained Relationships
- Sense of failure or self-doubt

■ Spiritually

- Time spent in scripture
- Disinterest in prayer
- Sense of purposelessness
- Lack of Joy
- Gradual pulling away from the Lord

RESTORE:

■ Physically

- Find what you like to do!
- Workout, swim, pickleball, dance class, gardening, walking, etc.
- Make the Doctor appointments
- Go to bed early
- Refill your prescriptions on time

■ Emotionally

- Reading a book
- Listening to music
- Breathing
- Coffee with a friend
- Laugh
- Light a candle
- “Calm” App

■ Spiritually

- Gratitude journal
- Walk outside and look up
- Pray
- Find a mentor
- Meditate on God’s Word
- Matthew 11:28
- Psalm 51:12
- Psalm 23:3
- The gift of Sabbath

TIME:

- Create Space
 - Need to start small
 - Fail to plan, you plan to fail
 - Are too busy?
 - Have no free space
- How to Create Time
 - Prioritize the process
 - Disconnect from technology
 - Texts and Emails
 - Build a routine
 - Make chores a family affair
 - Find a babysitter
 - “Swap Babysitting”
 - Entrust God to order your days

WHAT WILL IT TAKE?



