

# Taking Care of Yourself

**Directions:** Begin to take baby steps toward meeting your own physical, spiritual, relational, mental, and emotional needs. Place a check next to one or two practices within each category that you'd like to incorporate in your life over the next three months.

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## Self-Care Habits That Would Address Your **Physical** Needs:

- Take a walk after dinner
- Play a game outside with your kids
- Go to bed early at least two nights a week
- Eat more fruits and vegetables
- Drink at least 8 glasses of water each day
- Cut down on caffeine
- Make a conscious effort to eat more whole foods
- Start your day with a nutritious breakfast
- Establish a regular exercise routine
- Listen to your body and take a break when you're tired

## Self-Care Habits That Would Address Your **Spiritual** Needs:

- Establish a regular time of prayer
- Pray for someone else
- Keep a gratitude journal
- Listen to worship or praise music during the day
- Pray as a family for a specific organization
- Develop a regular routing for family devotions
- Read through a specific section of the Bible that interests you
- Attend worship services at a local church
- Be intentional about developing the Fruits of the Spirit (from Galatians 5:22-26): love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control
- Read through the Psalms

## Self-Care Habits That Would Address Your **Relational** Needs:

- Establish a regular date night with your spouse
- Have a "Girl's Night Out" once a month
- Have coffee with a friend
- Establish regular outings with your kids (ex: father/daughter lunch)
- Resolve conflict before it festers
- Let go of anger
- Talk to someone about how you're feeling
- Call a friend to vent when you're feeling especially frustrated
- Start a regular Family Night at your house, complete with board games and popcorn
- Make a habit of talking with your spouse each evening, perhaps over a cup of tea or decaf coffee

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## Self-Care Habits That Would Address Your **Mental** Needs:

- Read a book for pleasure
- Read a book with the specific purpose of learning something new
- Take a class through your local community education program or through a local college or university
- Pursue a hobby
- Breathe deeply and intentionally for five minutes
- Schedule free time for yourself on the family calendar
- Participate in a book discussion
- Take a Bible Study class
- Arrive early for something so that you're not rushed
- Share your expertise by teaching others

## Self-Care Habits That Would Address Your **Emotional** Needs:

- Get up ten minutes before everyone else
- Allow yourself to enjoy some quiet, peaceful time - without doing anything else - for 10-15 minutes
- Light a candle and just sit for ten minutes with your feet up
- Ask for someone's help – without hesitation - when you need it
- Do something nice for someone else
- Say no to something you either don't have time for or wouldn't enjoy
- Say yes to a request for your time and energy when it is in alignment with your unique gifts and talents
- Love someone who is not expecting it
- Be intentional in your choices
- Be direct in expressing your emotional needs to your spouse or someone else who is close to you in your life