

NEED TO RECHARGE?

We are so blessed, but sometimes the stresses of life make us forget.

We're worried about many things, and often what we need to stop our minds from the anxiety and fear that often accompanies worry is to move into other forms of activities that help to calm and strengthen our resolve that **GOD IS IN CONTROL.**

→ *Let's look at a list of ways we could positively bolster our attitudes:*

- Start your day by reading the Bible and talking to God. Find some positive quotes and/or a positive affirmation to jumpstart a challenging day. Pray for everyone and everything that comes to mind. Thank God for the blessing of a new day.
- WRITE SOMETHING. Think of someone who might be alone, sick, or that you haven't seen for a time. Sit down and write that person a short note, send them an e-card telling them you were thinking about them, or reach out with a note of gratitude to someone who has done something nice for you!
- EAT BETTER = Be conscientious of what you allow yourself to eat today. Go for the fruit, the celery or carrots, and other plant-based foods. NO ice cream or chocolate for just 1 day! Give your system a break and focus on being kind to yourself by making better choices in what you eat.
- REMEMBER...take down one of those old photo books you haven't looked at in ages and remember the good times, the people you've had the joy of knowing, and the places you've been blessed to see.
- USE YOUR BRAIN: Get out a puzzle and spend time in prayerful, quiet thought as you put it together. Work some games on the computer, get creative and draw, paint, or color something fun - no judgment, just do it for fun. Find a wordsearch, or a brain teaser online and try to figure out the solutions.
- Watch a GOOD movie. Not one with a great deal of violence, or one that is negative, but find one of those "feel good" Hallmark kind of movies. Who cares if you can figure out the ending, just enjoy the easiness of a good movie.
- Take a walk, ride your bike...enjoy being outside in God's beautiful world. It will change your attitude.
- ORGANIZE something. Have a drawer you've been meaning to clean up, a closet, a room? Start small and throw stuff away you don't need, gather up what you can't use to donate, and LET GO of things you no longer value.
- Put on some music and just move to the beat. Don't think - Dance!

- **Sit quietly.** Take many deep breathes. Make a fist with both hands. As you inhale, slowly uncurl your fingers – focus – then as you exhale slowly curl your fingers back to a fist. This focus will make your whole body feel more peaceful and positive.
- **Be kind to YOU.** When was the last time you took a relaxing bath with a wonderful scented added to the bath? Get into a really comfy outfit. Put on some soft music, then put on a moisturizing face mask and close your eyes. Breathe in the good scent. Quiet your mind and just RELAX.
- **READ.** Find a gentle book that stimulates your senses. Go online and find a positive devotion, or a story of immense courage or inspiration. Make yourself a cup of relaxing tea, curl up in a comfortable chair, and ALLOW YOURSELF 30 minutes to unwind.
- **VISIT.** There are many people who are alone without anyone to check in on them. Do you know anyone like that? If so, make a point to call them or set up a time to visit them. Take something delicious to eat and share with them. Organize a tea party. When we reach out to others, WE are also lifted by the experience.
- **GAMES.** Playing cards, board games, or any type of game is not only great for the mind, but a great way to entertain others and build community.
- **PLAN AN EVENT.** *Do you like to cook?* Plan an easy meal, invite a FEW people over, and enjoy the process of preparing something really wonderful. *Don't cook?* Then get pizza crusts and the ingredients and have everyone make the pizzas together! It will add an extra layer of connection to a simple process.
- **HOBBIES.** Hobbies are a wonderful way to use your mind, create something fun, and help you put the stresses of life behind you. Crochet, quilt, collect = you name it, there are a large variety of hobbies out there to be enjoyed and shared. Research one that might be right for you! Have a hobby that you know very well? Well then you might even find an avenue to teach about what you know so well that others might enjoy the same hobby.
- **VOLUNTEER!** There is not enough room to tell you how wonderful it is to volunteer for something that you truly love. In your making time to help others, YOU will also reap the benefits of that good positive feeling of a job that is serving God.
- **GRATITUDE.** Don't ever end your day without saying THANK YOU for the many ways in which you have been blessed in that day. Just by the sheer effort of making yourself think of things to be thankful for, it will calm your mind and your heart, and you'll feel the boost of a life that may have had a few bad moments in it, but life is too short to have bad days. [Devote yourself to prayer. Being watchful and thankful. ...Colossians 4:2]