

Soul Care in the Midst of Stress

Acronym for TRUST

T-Thanksgiving

R-Relinquish what is not mine to control

U- Usurping God's role is not what I need to be doing.

S-Surrender what is causing me stress back to God.

T-Turn my palms up and open to God releasing what I need and want to release

Stress Busters

1. Practice the spiritual discipline of slowing down – turn off cell phone and computer
 - a. Begin a meeting or the dinner table with silence
 - b. Combine silence with taking deep breathing
2. Name the stress or tension –what is causing it? Offer your awareness to God and release it to him.
3. Incorporate humor in your life. Be gentle with yourself. Give yourself and others grace.
4. Give yourself some space where you don't talk about the situation.
5. Develop rituals that help you relax:
 - a. Listen to news for only 30 minutes a day
 - b. Take a long bath or shower
 - c. Drink soothing tea
 - d. Shut everything off 30 minutes before you go to bed
 - e. Light a candle
 - f. Listen to soothing music
6. Take a walk in the outdoors every single day. Nature grounds us and we can soak in the balm and peace.
7. Invite friends to join you virtually for a beverage or for a comfort food meal.
8. Do the Daily Examen at the end of your day.
9. Start a gratitude list of what you're already realizing, now in this precise time, that you can be thankful for.
10. Spend time in silent prayer simply resting in God's Presence.

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Practicing SELF-CARE in a Season of Anxiety

You're encouraged to take **really good care of yourself** during this anxious time. Join God, the Soul Keeper, the Shepherd of your Soul, in discerning what you might need to stay healthy and whole.

That might mean:

- beginning/ending your day in contemplative prayer and/or meditation, with additional pockets of time through the day to breathe
- taking in national news in small doses
- limiting your social media scrolling.
- avoiding trauma bonding (anxious conversation which scapegoats and reacts) and fostering real and healthy conversations where you share clear feelings, needs, and requests
- getting a good night's sleep, which may mean giving up things that create obstacles to good sleep, like alcohol or late night binge watching.
- turning off notifications on your phone, and turning on do not disturb in the evening to reduce stimulus
- getting physical exercise at least once a day
- connecting by phone or video to 2-3 friends or family members a day, especially those who are older and/or single, those in at risk categories or other vulnerable populations.

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