

Relax

Read a book
Look up scripture
Splash water on face
Take a Bath
Breathe Deeply

Connect

Pray out loud
Cuddle with pets
Call a friend

Get
Outside

Go for a prayer walk and
admire nature. Use Pray As
You Go or Abide
mobile apps!
Ride a bike.
Tend a garden.

PAUSE

Be
Mindful

Journal and write about
your fears, pain, why's
and gratitude
Say/Listen to positive
affirmations and/or
“The ABC's of Who God
Says I Am”

Create

Pick a new recipe to bless the family.
Color in an adult coloring book.

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