



Self Care is For You!

By Crystal Knapp

- Had you ever heard of "self care" before this article? Does it seem selfish to you? Why or why not?
- Name a few ideas you had after you heard Crystal's ideas. Which of the ones she listed is your favorite?
- How would you feel about an ocean wave knocking you down? What thing in nature brings you peace in your heart?

Bonus Question:

Think of your lightest day for activity. Mark your calendar to have some self care. Schedule it! You matter!

Reach UP to God:

- Ask God for ideas and time for self care. Ask Him to show up and surprise you with His love - and humor!
- Pray this prayer: "Lord, I need some 'me' time. Can you help me plan this? Fill my mind with good ideas and ways to take a moment to soak in your rest and refreshment. Amen."