

Good for you!

Mental & Emotional Wellness CHECKLIST

- ✓ Get regular exercise, sleep, and nutrition. Mental and emotional health are linked to physical health.
- ✓ Connect with others. Relationships with supportive, trustworthy people impact our well-being.
- ✓ Take time to enjoy life by doing something you like each day... even if it is just to pause and do nothing.
- ✓ Manage stress in healthy ways: talk out feelings, laugh, work out, walk, or unwind with a fun project.
- ✓ Be kind to yourself. Treat yourself the way you would treat a good friend – with compassion and grace.
- ✓ Let go of bitterness and grudges – forgive and move through to the other side. You'll have more peace.
- ✓ Focus on gratitude. Notice and appreciate the good in your life. A thankful mindset brings contentment.
- ✓ Protect your time and energy by setting priorities and healthy boundaries. Say no when you can.
- ✓ Take time to "be still". Stay in the moment, meditate on Scripture, take deep breaths, reduce distractions.
- ✓ Develop a sense of belonging. Volunteer, serve on a team, join a class or group, take time to give back.
- ✓ Ask for help. It doesn't have to be a crisis to be important. Talk to a trusted friend, pastor, mentor, or counselor.



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EASY DOES IT! Tips for Keeping STRESS in Check

It is important to identify and manage stress before it gets the best of you. Notice your stress triggers. Find healthy ways to prevent or deal with them. *You are worth it!*

Recognize Signs of Unhealthy Stress

- Upset stomach • Lack of energy
- Poor concentration
- Overeating or skipping meals • Headaches
- Forgetfulness Grinding/gritting teeth
- Muscle tension/soreness
- Inability to sleep, sleepiness, or oversleeping

Managing Stress is Good for Body | Soul | Spirit

- ✓ Make sleep a priority, eat a well-balanced diet, and exercise or be physically active every day. Gently stretch your body daily.
- ✓ Pause & breathe. Inhale slowly and count 5, hold your breath for another 5 count, and then exhale to the count of 5.
- ✓ Refresh your mind with what is true. Have a perspective of gratitude. Notice & change negative thoughts. Be more positive.
- ✓ Be patient and kind to yourself, especially when you are frustrated.
- ✓ Get help if tasks or situations are too big for you.
- ✓ Maintain a support system of family and friends and keep in touch. We all need connection and community.
- ✓ Help others – even in small ways. Kindness soothes stress.
- ✓ Read Bible verses – memorize, read out loud, write down what is meaningful to you, learn more/dig deeper for life lessons.
- ✓ Pray often. Connect with God throughout the day.



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God Loves Me and Accepts Me

...Nothing in all creation can separate me from God's love for me in Christ Jesus my Lord! (Romans 8:38-39, CEV)

I am Delivered and Set Free

Jesus said... If I abide in His Word, I am His disciple indeed. And I shall know the truth, and the truth shall make me free. (John 8:32)

I Align My Mind with God's Promises

For God did not give me a spirit of timidity or cowardice or fear, but [He has given me a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]. (2 Timothy 1:7, AMP)