

Making Choices to Care for Myself

Being in solitude:

- Spending time alone and unpressured
- Quiet reflection/prayer time (meditating; making the Awareness Examen, spending time seeking God in nature, praying the rosary, *lectio divina* with Scripture or poetry)
- Exercise (walking, jogging, bicycling, swimming, etc.)
- Listening to myself through writing or journaling
- Down-time...just chilling (“wasting” time) with myself and/or Jesus, relaxing with music, walking leisurely

Enriching my mind and spirit:

- Reading the Bible and other inspirational books
- Enjoying and participating in art, music, movies, plays, dance
- Doing something that nourishes me and I truly enjoy
- Make annual retreats that focus on prayer

Attending to my health and seeking help as needed:

- Getting enough sleep
- Regular physical, dental, and eye check-ups
- Confession, spiritual direction, counseling, therapy

Connecting with a community of faith:

- Attending weekly liturgies
- Participating in praise and worship, Adoration, or other forms of worship
- Joining or continuing with a small faith-sharing community like CLC
- Nurturing friendships with people whose faith inspires or supports me
- Serving God through serving people in the community who are in need

A Prayerful Reflection on Habits of Self-Care

- I place myself in God’s presence.
- I ask for the gift of seeing myself honestly, as loved by God as I am, without condition.
- I circle 2-3 areas above that I can grow in terms of self-care.
- I imagine how God cares for me in these areas. I talk to God about each area; I ask God for guidance and wisdom as to how I can collaborate with God in caring for myself in each area.
- Lead by the Spirit, I decide on the 1-2 habits of self-care I feel invited to grow and deepen in the next 3 weeks.
- I consider, with the Spirit’s lead, how I might keep myself accountable regarding this habit formation (e.g. write it on my bathroom mirror; share it with an accountability partner or a group member, make a pop-up alarm on my phone to remind me, etc.).
- I spend time listening to God. I thank God for this opportunity to reflect and to grow in caring for myself as God cares for me.