

Working from home?

For some of us, working from home is a dream come true, but for others, it takes some getting used to. Your self-care assignment today is to take some time to create a sacred work-space for yourself, or to improve upon the one you already have. Some thoughts about that:

1. Create a dedicated work space that is not your bedroom, if at all possible. Sleep should not be associated with stress and these days, I think we are all experiencing a little bit of stress.
2. Create boundaries around your work space and your personal space, so that one does not bleed into another. This helps reduce stress and distraction.
3. Use headphones to block out noise and distractions from inside and outside the house.
4. To begin your day, or to refocus during the day, re-center with a simple prayer:

Lord Jesus, as I enter this workplace,
I bring your presence with me.
I speak Your peace, Your grace, and Your
perfect order into the atmosphere of this space.

Amen.