

STAYING EMOTIONALLY HEALTHY

10 COMMANDMENTS FOR THE COVID-19 CRISIS

"Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality." ROMANS 2:11-13



SHOW GRACE TO MYSELF AND TO OTHERS

Just like you need to go easy on yourself, go easy on others, too! We're all doing our best during this strange time, and we're going to get it wrong sometimes.



START AND END EACH DAY BY REFUELING MY SOUL

Just like your body needs to be fed every day to stay healthy, your heart and mind need to be fed, too! Start and end each day reading God's Word, and you'll start noticing a difference in how you feel.



SET AND STICK WITH A SIMPLE ROUTINE

Did you know that routines can create predictability, which reduces stress? Your new routine is probably out the window by now, but structuring your day will give you the sense of steadiness you need.



STOP WATCHING SO MUCH NEWS

Right now, a lot of news is negative. And when that's all you're seeing, you'll quickly feel overwhelmed. Always remember: If you look at the world, you'll be distressed. But if you look at Christ, you'll be at rest.



SCHEDULE A DAILY CONNECTION WITH PEOPLE I LOVE

A meaningful connection with someone doesn't take very long! All you need is a couple of minutes catching up with a friend on Zoom, FaceTime — maybe even a good old-fashioned phone call!



SHARE YOUR FEELINGS INSTEAD OF STUFFING THEM

Feelings are not only meant to be felt — feelings are meant to be shared. Just ask a friend who cares about you, "Hey, can I tell you how I'm feeling right now?" They will love you through it!



SEEK ADVICE BEFORE MAKING MAJOR DECISIONS

It's hard to think through things when you're under stress. So before you make a decision, run it by someone. Do they think you're acting out of wisdom?



SPACE RENEWAL BREAKS THROUGHOUT MY DAY

Take small breaks from work throughout the day so you can recharge. Just find something to do that you enjoy — play the piano, go outside, work on a puzzle, read — whatever you need to be refueled!



SERVE SOMEONE SUFFERING MORE THAN ME

Look around and you'll find somebody in a worse situation than you are. Fulfilling your purpose by serving others is one of the best ways to feel refreshed.



CONTROL THE CONTROLLABLE AND TRUST GOD FOR THE REST

There are a lot of things in your life you can't control. You can't control the circumstances of life, but you can control how you will respond.

Here's the good news: You don't have to go through this by yourself! Jesus is waiting to help you. You don't have to do these 10 things on your own, and certainly not on your own power. Jesus wants to give you the strength you need to make it through this crisis, one day at a time.