

Reminders of things you probably already know:

Go for a walk/bike ride, exercise and fresh air is as important as ever; moving & stretching

Allow yourself some comfort food, but keep some fresh fruit & veggies around (citrus is good now 😊)

Try to figure out what your new routines can be; patterns help reduce feelings of chaos & anxiety

If you're a "to-do list person" write things down; rank them, give permission to not do it all

If you're reflective or anxious; pause to write down your thoughts & feelings

Focus on the things you can control, and do what you can do.

Take out that list of rainy-day tasks: It's "raining" (small accomplishments feel good)

Re-connect with friends and family members: not just Facebook, texting or email

Try Skype, Facetime, Google Hangouts seeing a face is really helpful

Or a good old fashioned phone call, hearing a voice is also good for us

Limit your time exposed to the 24/7 news barrage.

Consider limiting to 30-60 minutes; once in the morning, once in the evening

If that's too hard then be sure to take a 30-60 minute break 2-3 times a day

And fill those slots by doing something enjoyable

Practice deep breathing, 2-5 minutes; long inhale thru nose; slow exhale thru mouth

Give yourself "sabbath time": make it a priority to take breaks and fill your own bucket

Music: whether online, radio, or personal collections listen to "happy" "relaxing" or "soothing" music

Of course, favorite songs of faith are always good too

Allow yourself fun diversions each week during this time of social distancing

Streaming TV or movies is good to a point (newest or old favorites)

Board games, puzzles, card games (you don't have to keep track of points, wins/losses)

Hobbies: what do you like to do with your hands?

Feel free to call church 320-859-2350

or Pr. Rich 320-859-3816 (good for texting too)

>> more on the back>>

All-Purpose Prayer

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

Serenity Prayer (full version)

God, give me grace to accept with serenity the things that cannot be changed,
Courage to change the things which should be changed, and the Wisdom to distinguish the one from the other.

Living one day at a time, Enjoying one moment at a time, Accepting hardship as a pathway to peace,
Taking, as Jesus did, This sinful world as it is, Not as I would have it,
Trusting that You will make all things right, If I surrender to Your will,
So that I may be reasonably happy in this life, And supremely happy with You forever in the next.
Amen.

Psalm 23

The LORD is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake.

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,

and I shall dwell in the house of the LORD
my whole life long.

Psalm 121

I lift up my eyes to the hills—
from where will my help come?
My help comes from the LORD,
who made heaven and earth.

He will not let your foot be moved;
he who keeps you will not slumber.
He who keeps Israel
will neither slumber nor sleep.

The LORD is your keeper;
the LORD is your shade at your right hand.
The sun shall not strike you by day,
nor the moon by night.

The LORD will keep you from all evil;
he will keep your life.
The LORD will keep

your going out and your coming in
from this time on and for evermore.