

Gritty Self-Care

1. Some emotions are harder to process and “face” than others. What are things right now that get me feeling frustrated, disappointed, anxious, angry, and lonely? _____

2. When I am feeling “the hard things”, what are some of the unhealthy ways I cope? In other words, what do I run to when I’m running from hard emotions? _____

3. A few healthier coping tools include **nature, movement, creativity, sunshine, journaling, looking for beauty, exercise, deep breathing, drinking water, prayer, working with your hands, practicing gratitude, yoga, reading Scripture, exploring hobbies, etc.** (Use this general list from above and adjust it to your life.) What are some things I can do when I am not doing okay? Be specific! _____

4. We need to change our outlook from time management to **energy management**. Managing our energy is about BOTH/AND not EITHER/OR. There needs to be both renewal AND expenditure. We need to take care of ourselves AND take care of others. With that in mind, it is important to remember it takes a “village” of energy sources to run our lives.

- Physical energy: the quantity of our energy
- Emotional/Mental energy: the quality of our energy (how you feel affects how you perform) and the focus of our energy
- Spiritual energy: the experience of using our energy resources to embrace God’s love for us and then live for God’s purposes.
- Relational/Social energy: the renewal that comes through healthy connection with others

Use the tank illustration below to evaluate each of your energy sources. Remember, these tanks drain and fill throughout our days and differ according to our current situations. Which tank do I need to fill today? Which tank is drained? How can I practice some “gritty self-care” to make sure my tanks are being refilled?

Physical Tank

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- Am I making time for some physical activity?
- Am I getting enough sleep?
- Am I working on making healthy eating choices? Drinking enough water?

Emotional Mental Tank

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- Am I aware of when I have let the news and the fear dominate my emotional state?
- Am I aware of my thought life and realize what I am spending my mental energy on?

Spiritual Tank

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- Am I doing activities that help me feel connected to God?
- Am I talking to God about my worries?
- Am I making time for reflection and solitude?
- Am I taking baby steps to continue to learn and grow spiritually?

Social Relational Tank

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- Am I connected to other people in vulnerable and life-giving ways, even though it is remote right now?
- Am I making room for times of laughter and play?