

DEEP BREATHING CALMS MY BODY, MIND & SPIRIT.

There are many stressors— at work, home, on the road, or in public places. This one works for me to manage stress.

Diaphragmatic breathing, sometimes called belly breathing, is an easy exercise that can be done anywhere to bring positive effects to your body and mind.

As I breathe in & out, I contemplate:

**“Breathe in God’s love (pause)
Breathe out God’s life”**

Put it into action & change it to work for you:

- ♥ Gently place your hand above your belly button and breathe in slowly & deeply so your diaphragm expands.
- ♥ Hold for a count of four to seven.
- ♥ With slightly open pursed lips, exhale for a count of up to eight.
- ♥ Repeat, as comfortable.

Self-Care Cards for Faith Community Nurses

No content on this card should ever be used as a substitute for direct medical advice from your doctor.

COUNT MY VEGGIES EACH DAY

Eating enough vegetables is good for my health, my weight, and even my mental clarity.

Put it into action & change it to work for you:

I'm including more vegetables at each meal and for snacks

Vegetables: - - - -
Healthy Carbs: - - - -
Protein: - - -
Healthy Fat: - -
Dairy or Substitute: -

I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. John 6:35

♥ I write down what vegetables I've eaten for the day. This keeps me attentive to what I'm eating to fuel my body.

♥ Meal prepping helps me include veggies. I always have carrot and celery sticks in the refrigerator.

Check with your doctor before changing your diet especially if you are on medication.

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DAILY PRAYER

Spiritual care is vital for Faith Community Nursing.

This past week was the beginning of Lent, a powerful time of renewal.

I am open to new beginnings, new ideas and affirming God's grace, mercy and forgiveness each day.

Put it into action & change it to work for you:

During my morning time for prayer and reflection, I'm open to the new day and ask for God's will to guide me.

Psalm 51:10-12 Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit.

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MEAL PREP

Having a selection of well-balanced meals & snacks saves time & helps me eat right.

Put it into action & change it to work for you:

These are some that work for me: Breakfast Ideas:

- ♥ I make a quiche that has 8 servings.
- ♥ Scramble eggs (egg whites) with spinach & onion or red peppers that can be frozen into portions. Then, reheat & fill a whole-grain pita pocket with the scrambled egg mixture.
- ♥ Hard boil a dozen eggs to have on hand. Slice 2 eggs to put on top of guacamole & toast, with a couple of pre-washed strawberries on the side.
- ♥ Snack ideas: pre-cut apple and a low-fat cheese stick in a reusable container; protein bars; pre-cut celery with almond/peanut butter or hummus; or popcorn.

Pre-planning is a good idea. My grocery list includes the items I'll prepare. On Sunday, I make enough meals for the week and freeze extra portions.

And thou shalt eat and be full, and thou shalt bless Jehovah thy God. Deuteronomy 8:10

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Many meal planning ideas are on the American Heart Association's website.

PHYSICALLY FIT

Physical fitness is fundamental to good health.

Running is part of my weekly routine.

If running is not for you, consider simple exercises that work your core such as brisk walking.

Your primary care doctor can recommend the best exercises for your personal health.

Put it into action & change it to work for you:

Three times a week, in the morning, I run 2.5 miles.

During my run I pray and spend quiet time with God, reflecting on nature and everything around me. It is in those times that I hear the birds, look up at the blue skies and feel God's presence with me.

I feel more energized from the runs and am at peace.

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NIGHT-TIME PEACE

Listening to scripture helps me fall asleep faster.

I start listening to scripture readings when I get in the bed at night on my phone that has images of nature, the beach, with sounds of waves or rainfall, with scripture readings.

Put it into action & change it to work for you:

The internet and phone apps have many videos with comforting scripture and prayers.

Search for a video on the internet that works for you such as Bible Verses For Sleep 100+

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MY HAPPY PLACE

My self-care includes thinking positive thoughts, being grateful and letting go of worries.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."Matthew 11:28-30

Put it into action & change it to work for you:

Thinking about the beach, a happy vacation moment, people I love, looking at relaxing pictures, writing down the things I'm grateful for, or reading help me be positive.

For me, it decreases tension, improves my relaxation & controls my respond to stress

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LIFESTYLE CHANGE

I'm trying a vegan, plant-based diet to increase my personal health and well-being.

I am dedicated to improving my health.

Put it into action & change it to work for you:

I could start slowly with "Meatless Mondays."

I found some great recipes including stir-fry jackfruit. I am loving it. I have been drinking a protein shake and taking supplements because I want to get enough of the recommended protein, vitamins, and minerals.

I consider this a learning journey and have been doing well.

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SWIMMING SOME LAPS

The American Nurses Association Healthy Nurse Healthy Nation website asks: "Did you know that swimming is dubbed one of the most heart-healthy exercises?"

Swimming laps is a low impact aerobic activity, meaning it gets your heart beating faster without putting lots of pressure on your bones and joints.

Put it into action & change it to work for you:

I swim 5 laps for a total of 20 minutes to use all muscle with swimming.

My self-care plan includes doing this 3 days a week, Monday, Wednesday and Friday in the morning. It's helped my flexibility, relaxation, and decreased stress.

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WATER FOR LIFE

The benefits of staying hydrated are numerous,

There's no one-size-fits all to how much water to drink daily & it's best to check with your doctor.

You, God, are my God, earnestly I seek you; I thirst for you. Psalm 63:1

Put it into action & change it to work for you:

For me, I fill up a large, reusable water bottle with filtered water and sip on it throughout the day.

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WALKING & COUNTING MY STEPS

The number of steps and the pace at which you take them matters, according to Medical & Scientific Journals.

As part of focusing on my self-care, I'm tracking my number of steps each day.

"Walk in a manner worthy of the calling with which you have been called." Eph 4:1

Put it into action & change it to work for you:

Using the app on my phone and watch is an easy to track my activity and the number of steps.

Taking a walk outdoors during the cooler time of the morning or evening works best for me.

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NUTRIENT-DENSE FOODS AND PORTION CONTROL

Maintaining my weight at a healthy level improves my energy levels.

If my stress level is high, I tend to feel hungry, so I'm prepared now with nutrient dense foods.

It is not good to eat too much honey Proverbs 25:27

Put it into action & change it to work for you:

In a hand-held mini blender, I put a frozen packet of kale & blueberries, frozen yogurt and a scoop of chocolate flavored vegan pea protein powder to whip up a refreshing shake.

For mealtime, I bought a portion control plate. The large section is filled with salad or vegetables topped with cheese & sliced almonds.

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