



# 7 Essential Practices for Every Woman

As Christian women, we fill many roles; homemaker, mother, wife, employee, and more. While we're busy taking care of everyone else, it's easy to overlook caring for ourselves. Here are seven life essentials to practice self-care, which will enable you to more fully experience God's peace. Pick two or three from this list to practice this week.

- 1. Say no.** No one likes to hear the word no. It's difficult to hear, and more difficult to say. Learning to say no to commitments or activities is the first step to taking care of yourself. Instead of no try, "*I'm not able to do that right now.*" Or "*I'm afraid that doesn't fit into my schedule.*" Come up with a few phrases that you feel comfortable using.
- 2. Give yourself grace.** Everyone makes mistakes. We're often quick to give grace to others, yet we hold ourselves to an even higher standard. Remember, it's okay not to be perfect. Jesus is the ultimate example of how freely grace is given.
- 3. Schedule time for yourself.** How often have you said, "*I'm going to do that someday.*" Whether it's going out with a friend for coffee or getting a manicure, often our time is spent catering to the time demands of others. Scheduling '*me time*' will refresh your spirit. Afterward, you'll be able to more fully devote your energy to the needs of your family or work.
- 4. Schedule time for fun.** Instead of spending your '*me time*' taking care of necessary errands, be sure you make time for play. Do you enjoy painting or crafts? What about taking a fun class with a friend? Even as adults, it's vital to incorporate play into our lives.
- 5. Spend time with God.** It's easy to forgo our quiet time or devotional time when our lives get hectic. Starting or ending your day with your heavenly Father is vital to maintaining inner peace. Regular prayer and Bible reading will change your outlook when life feels overwhelming.
- 6. Make healthy food choices.** Grabbing a handful of chips or a few cookies is convenient when we're on the go. Instead, try keeping snack pouches handy with apple slices, baby carrots, or string cheese and crackers. Not only will these fill you up, but they'll also help keep your energy high.
- 7. Remember who's in charge.** When life spins out of control, take comfort in knowing that God is still on the throne. He isn't surprised by any circumstance or situation. When we look to Him, we can't focus on what's happening around us.

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**Start your day off right.**

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As you begin each day, remember that you were made on purpose for a purpose by a God who loves you very much. He sees every part of your day, cares about you, and is ready to help with every moment.