

## 7 KEYS TO RESILIENCY

### 1 KNOW WHO YOU ARE

You are fearfully and wonderfully made (Ps. 139:14) God, created you on purpose and for a purpose. No other human has ever, or will ever have your gifts and talents. Don't be distracted by negative thoughts. Focus on the truth of who you are. (Eph. 2:10)

### 2 MEDITATION

Research has caught up to what we know as truth from the Bible and confirmed that regular practice of meditation decreases the body's response to stress and improves resilience. (Joshua 1:8) Practice refocusing your mind and thoughts towards God. Take a full breath in. Hold. Slow breath out.

### 3 STAY CONNECTED

We are created to be in relationship with each other and with God. (Heb. 10:25; Prov. 27:17) Although it can be tempting to isolate in times of overwhelm, refreshing and freedom from shame comes when we connect with supporters. "A kind word brings healing to the soul and healing to the body" (Prov. 16:24)

### 4 SELF-CARE

Self-care or soul-care is part of the great commandment to love others as yourself. (Mark 12:31) It doesn't have to be expensive, time-consuming or self-indulgent. It is simply having compassion towards yourself and being kind. Think about how you would treat a friend and then do or say that to or for yourself.

### 5 BOUNDARIES

Even Jesus would often say "no" to people and "yes" to spending time alone, refuelling with time in prayer (Luke 5:16) When someone asks you to do something, rather stressing about saying "no", tell people what you are saying yes to.

### 6 REST

Slowing your schedule and having intentional times of rest is not only healthy, but it is also Godly. God was the ultimate role model when He rested on the 7th day of creation. Rest was so important that it became a part of the creation story.

### 7 HAVE FUN

Do something that you enjoy, something that soothes your soul and makes you smile. It is good to laugh and enjoy life. One of my favourite scriptures is Ecc 8:15 for there is nothing better on earth for a person to do except to eat, drink, and enjoy life.