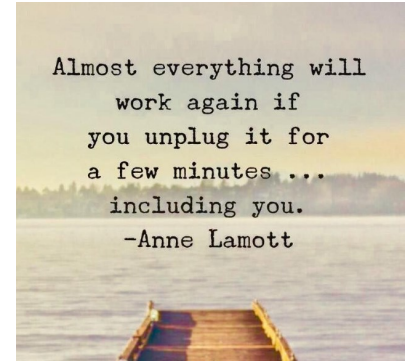


TAKING TIME TO BREATHE

Acts 17:28 For in Him we live and move and have our being.

Taking a Sabbath day break!

Almost everything will work again if you unplug it for a few minutes, including you!



Saron's Mental Health Ministry wants to urge you to remember that the Sabbath is the most important part of your week! Though you may consider it optional, it is the Lord's intent that you have a day to recharge, renew, and refresh before you enter the routine of your daily work. We want to encourage you to embrace Sunday (or whatever day you rest) with the understanding that it has the potential to set the tone for the next six days of your life! Knowing that, then, use it to do things that release your stress, build your faith, relax your mind, and draw you closer to Jesus, the source of your life!

In order to keep winning your race, you need to be filled with the good stuff that comes from inhaling - joy, peace, rest and renewal. Instead of looking at your phone, set aside time to study the Bible, pray, read a good book, take a nap or learn something new. Whatever it is, it's vitally important to *rest and invest in you*, because doing so is a precious gift to yourself and those around you!

Move-Mindfully.com. brings the science of mindfulness, movement into our lives. Try these simple exercises for a mind/body reset.



Sitting: Try a backbend in your chair. Breathe slowly as you reach your arms up and lean back in your chair. Notice how this is a move your body naturally does when you are waking up in the morning. Use a backbend in your chair between meetings or when you have been on your laptop for too long.

Standing: Stand behind your chair or by a countertop. Rest your hands on the chair back or counter as you walk your feet back. Stretch your legs, back, and shoulders as you breathe slowly.

Notice how looking down and stretching can provide an easy reset break.

Prayer

Father, give me the opportunity to experience each day in a new and refreshing way.