

Give all of your worries and
cares to God because He
cares about you!
-1 Peter 5:7

Taking Care of You in Tough Times!

PHYSICAL | EMOTIONAL | SPIRITUAL

101 SELF-CARE TIPS

LET GO AND
LIVE LIKE
JESUS!

Available Where Books Are Sold
AbingdonWomen.com/Surrendered



In tough times, God is taking care of you, so you have permission to take care of yourself!

1. Plan your schedule for 8 hours of sleep per night.
2. Drink ½ your body weight in water IN OUNCES each day. (150 lbs = 75 ounces)
3. Take five deep breaths before getting out of bed each morning.
4. Take 10,000 steps per day.
5. Feed your body well. Focus on portion control and eating natural, unprocessed foods.
6. Make your annual gynecologist appointment...and keep it.
7. Stretching your arms and legs in the morning and at night.
8. Eliminate one unhealthy food from your diet for 30 days.
9. Buy a new pair of athletic shoes.
10. Schedule a weekly walking date with a friend.
11. Remove television or mobile devices from your bedroom for less distraction and sleep.
12. If it doesn't fit, get rid of it! Clean out your closet..
13. Stop wearing clothes that make you sad.
14. Get a new hair cut!
15. Do salad-in-a-jar for simple, healthy daily lunch.
16. Have a professional bra fitting.
17. Take the best bubble bath EVER!
18. Wash off your make-up EVERY NIGHT.
19. Floss!
20. Wake up and get dressed before your household wakes up.
21. Keep snack-size packages of almonds, carrots, or apples in your purse or bag.
22. Stop buying junk food (chips, candy, pop, processed food) for one month.
23. Make sure you own at least ONE pair of shoes that make you giddy.
24. Get a manicure. They're inexpensive - and make you feel so pampered!
25. Go to bed one hour earlier or get up one hour earlier each day for one week.
26. Give one really great hug each day.
27. Forgive someone who has hurt you.
28. Commit to professional counseling for six months to deal with an unresolved issue.
29. Develop a "board of directors" of three friends to help you make tough decisions.
30. Write a letter to someone who has hurt you. Put it in an envelope. Then, burn it.
31. Volunteer at a women's non-profit.
32. Mentor a young woman for three months.
33. Take a struggling friend out for coffee - listen without offering advice (unless asked)
34. Say "yes" the next time someone offers to do something nice for you.
35. Smile at yourself for one minute in the mirror.

36. Write your celebrations and struggles down.
37. Start a gratitude journal and record 25 thankful moments each day.
38. Watch a funny movie.
39. Devote one day to treating yourself to experiences that make you happy.
40. Make a list of everything that you are afraid of and share it with a friend.
41. Go to your local art museum. Find a piece of art you love and enjoy it for 30 minutes.
42. Choose not to argue with anyone today.
43. Pray this prayer today: God, give me kind words, a kind heart, and kind attitude."
44. Eliminate sarcasm.
45. Make a list of your bucket list. Post them where you can see them each day.
46. Write a letter to yourself for six months from now. Seal it and put it in a drawer.
47. Send a card to someone that you've lost touch with.
48. Do something courageous! Go out to dinner alone or even go skydiving!
49. Forgive yourself for a past failure.
50. Find a trusted friend and share something that you've been struggling with.
51. Plan a silent retreat.
52. Register and attend one women's conference or empowerment event.
53. Read one personal development book.
54. Read an autobiography of a famous woman that you admire.
55. Join (or start) a book club.
56. Take a class at your local community college or vocational center.
57. Keep a one-hour space between appointments or meetings.
58. Review or make a list of your personal boundaries.
59. Feeling sluggish? Talk a walk or do 25 jumping jacks to increase oxygen to your brain.
60. Attend a lecture at your university or local library.
61. Buy a special coffee mug or tea cup for yourself.
62. Write down your goals for the next six months.
63. Plan a vacation.
64. Learn a new hobby.
65. Clarify your values. What are your "hills to die on?"
66. Take an online test like Myers-Briggs to learn more about yourself.
67. Skip social media for 24 hours.
68. Make a "To-DON'T" list for things you must quit or give up.
69. Stop. Take a breath and be present in this moment.
70. Celebrate something that you've done well or accomplished.
71. Ask someone to mentor you for three months.
72. Eliminate "hurry" from your schedule by reviewing your commitments and letting go of one or two that you no longer enjoy like you used to.
73. Create a corner, nook, or room in your house and design it just for you.
74. Write out your ENTIRE life story – include everything you remember about your life.
75. Give yourself one compliment each day.

76. Do ONE thing that you've been procrastinating.
77. Memorize one Bible verse each week for one year.
78. Join a Bible study or small group - either live or online.
79. Go out for lunch by yourself. Yes, alone. Bring a book and enjoy!
80. Take a step of faith toward a direction where you believe God is calling you.
81. Commit to fasting one day a week for a month.
82. Take an afternoon and purposefully grieve for a lost dream. Ask God to help you let go of that dream and give you a new one.
83. Create your own prayer "War Room."
84. Write a Bible verse on a note card and meditate on it every day for 30 days.
85. Buy yourself flowers.
86. Repeat "I am God's beautiful, unique daughter" each day for seven days.
87. Let go and let God.
88. Watch a sunrise or sunset.
89. Give yourself permission to say "no" to an unhealthy request from someone else.
90. Sit still and quiet your heart, mind, and body for one hour.
- 91.. Write out your stresses or worries before bed. Pray and give those worries to God.
92. Get a massage.
93. Develop a morning ritual to start your day off right.
94. Compliment at least one other woman each day.
95. Have professional pictures taken of yourself!
- 96.. Take 20 minutes each day to do something from this list for yourself today.
97. Say "no" when someone wants you to take responsibility for his or her problems.
98. Choose today not to FEEL be responsible for someone else's bad decisions.
99. Apologize for something that you've said or done that hurt another.
100. Buy a new candle or aromatherapy scent that blesses you.
101. The next time someone gives you a compliment, just say "thank you" with a smile.