



CARING FOR BODY, MIND, AND SPIRIT DURING A PANDEMIC



During these times of disease, fear of disease, and risk of spiritual doubt, it is important to remember that we all need to care for ourselves in every realm of our being. Consider these suggestions for self-care:

Body – A healthy body is more resistant to bacterial or viral disease including Covid.

Establish healthy eating habits including plenty of fruits and vegetables

Hydrate because the proper balance between water and electrolytes in our bodies assists in flushing out viruses and bacteria.

Establish good sleep hygiene ensuring a good balance between rest and activity.

Spend time outdoors enjoying fresh air and the Vitamin D of sunshine.

Exercise daily including aerobic such as walking and non-aerobic such as stretching activities.

Practice good hygiene including frequent hand washing and daily dental hygiene which decrease the bacterial and viral load in the body.

Breathe deeply. Get in the habit of taking deep breaths throughout the day to reduce stress.

Mind – A healthy mind overcomes fear and gives balance to life.

Find and pursue a hobby that you enjoy.

Stimulate your mind with interesting and educational reading material.

Call, e-mail, or text your friends regularly and keep in touch.

Strike a balance between work and relaxation.

Smile 😊

Spirit – A spirit rooted in Jesus gives meaning to life and keeps body and mind in balance.

Read God's Word daily for encouragement and connection with your Savior.

Worship regularly either in person or on-line to praise God and be encouraged in His Word.

Pray daily starting with thanks for all of your blessings and savoring your relationship with God.

Health in all three realms is the key to reducing the risk of illness. God the Father, Son, and Holy Spirit - the Trinity - set the perfect pattern for us to live our lives.

Ecclesiastes 4:12 *Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

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