

SUNDAY MORNING

Health Corner

The Power of Self-Care

In a world that often demands so much of us, **self-care is not selfish**—it's sacred. It's how we refill what life pours out, and how we stay grounded, present, and whole.

This week, we reflect on **the power of self-care** as a daily spiritual and emotional practice. Whether you're managing stress, navigating grief, or just trying to make it through the week, creating space for yourself is one of the most healing things you can do.

Daily Self-Care Ideas to Support Your Mind & Spirit:

- Start your morning with prayer, meditation, or gentle stretching
- Take a 10-minute break to step outside and breathe deeply
- Set boundaries with your time and energy
- End your day with gratitude journaling or quiet reflection
- Listen to uplifting music, inspirational podcasts, or scripture

These practices may seem small, but over time they build resilience, reduce anxiety, and help you reconnect with what matters most—**your peace, your purpose, and your power.**

You deserve rest. You deserve joy. And you deserve moments that are just for you.

This week, commit to protecting your wellness. The more you **pour into yourself**, the more you can offer the world.



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