

Self-Care for a *SUSTAINABLE* Life

Jesus doesn't want you to burn out!

Learning how to practice soul-restoring self-care has never been more important. Families in the special needs community are more stressed than ever and struggling to find balance. Small, yet significant changes, applied to the moments and hours of your life will make a BIG difference in how you feel.

What do you need to know?

- Jesus moved fast AND slow
- Jesus found his yes AND his no
- Jesus cares about the hormone balance in your body

Evaluate your self-care. Is it SOUL-RESTORING?

- Does it span the high-leverage realms: thoughts, emotions, rhythms, and fulfillment?
- Does your life have adequate variation between fast and slow? In your mornings/evenings? In your days? In your weeks? In the seasons of your year?
- If you feel consistently overwhelmed, exhausted, or burned out then PAY ATTENTION! This should NOT be your normal state of being as you follow Jesus.

>>>More on all of this in the downloadable resource at the bottom of the page<<<

Resources:

1. My book, Restore My Soul: Reimagining Self-Care for a Sustainable Life is a roadmap and a resource for all who want to live their call WITHOUT burning out! It has 23 skills that will show you how to restore your soul. Learn more/order here ----->

<https://janicemcwilliams.com/restore-my-soul/>



2. **Jesus-style self-care resource guide** to keep your balance of hormones optimal for the rich and satisfying life that God truly wants for you. Includes 50 ideas that take less than 5 minutes to practice. Download this resource here ----->

<https://janicemcwilliams.com/Jesus-self-care-pdf/>



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