



HOW AM I DOING? It's useful sometimes to check in with yourself!

- 1) How did I sleep last night? Did I feel rested when I woke up? If not can I work out why?
- 2) How do I feel today mentally and physically? How are my thoughts making me feel?
- 3) What is happening in my boat in this storm?

It might help to write down your thoughts to those questions.

- 4) How can I try to maintain good rest and wellbeing (physical, mental & spiritual)? These might help:

- Above all PRAY! If you have a computer, listen in to services & prayer times (lots of choices especially St Peters!) BBC 1 & Radio 4 are good stations to tune into as well. Remember God knows your needs ☺
- C of E prayers by phone- **0800 804 8044**.
- **Phone a friend** or write a letter. Message or Face time to see a face!
- Listen to your favourite music (dance as well to it if is 'dancey'/ re-read a favourite book/ watch a favourite film/do crosswords/on-line quizzes/puzzles/anagrams (these can be printed and delivered)
- If you can – try to leave your house & get outside- even if it is for 5 or 10 mins & even if it is grey & cold- wrap up warm. This will also help with sleep.
- If you are working from home or have children home schooling- take a break from that screen! Have a proper lunch break...
- Try to eat a balanced diet & drink enough water. NHS website is excellent: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- Christian Meditation-
- Colouring can be restful too- have a go at these edges or overleaf for example...If you need pencils please let us know!
- Find something good in each day – big or small!
- Please contact stpbm.help@gmail.com or 07743921561 if you need help

"Thank you Lord that you are my lantern, so I shall not falter. You go before me on the dark and lonely footpaths. You lift the shadows that wait around my door. In the greyness of doubt and uncertainty, you will guide me. In the darkness of hurt and despair, I seek your brightness. Your light is constant & your comfort everlasting. I shall travel with you always & you will lead me on the journey of life. Grant me rest on my journey through these uncertain times. AMEN"

