

# 9 steps to take when tired, weary & stressed



look for joy

*pray*

SPEND TIME IN GOD'S WORD

know what refreshes you



let go ~

don't strive for perfection

SIMPLIFY YOUR SCHEDULE & HOME

look your loved ones in the eye

*reset ~ change gears*

check your perspective

But He said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ~ 2 Corinthians 12:9