

Chapter 1 : 25 Tips for Improving Your Mind, Body & Soul

health benefits." By using your diaphragm, your just living up to your full breathing potential, and once you've nailed that, take a few minutes a day to just take a couple slow, deep. breaths. SOUL. 1. Pay-It-Forward. Besides being a heart-breaking movie and book, this concept is probably one you've. experienced. For me, it always happens at Starbucks.

Our bodies are our gardens - our wills are our gardeners. William Shakespeare What fools indeed we morals are to lavish care upon a car, with never a bit of time to see about our own machinery! John Kendrick Bangs Good for the body is the work of the body, good for the soul the work of the soul, and good for either the work of the other. Henry David Thoreau The Quentin Regestein Health is a large word. It embraces not the body only, but the mind and spirit as well; West Yet this is health: To have a body functioning so perfectly that when its few simple needs are met it never calls attention to its own existence. Bertha Stuart Dymont Enough is as good as a feast. English Proverb Be moderate in order to taste the joys of life in abundance. Epicurus To go beyond is as wrong as to fall short. Confucius, Analects The human body is a machine which winds its own springs. Aldous Huxley If the mind, that rules the body, ever so far forgets itself as to trample on its slave, the slave is never generous enough to forgive the injury, but will rise and smite the oppressor. Henry Wadsworth Longfellow Some patients I see are actually draining into their bodies the diseased thoughts of their minds. Zacharty Bercovitz The best and most efficient pharmacy is within your own system. Peale The greatest wealth is health. Virgil The best six doctors anywhere, and no one can deny it are: These six will gladly you attend, if only you are willing. Irish Proverb Water, air, and cleanliness are the chief articles in my pharmacopoeia. Napoleon I think you might dispense with half your doctors if you would only consult Dr. Henry Ward Beecher Know, then, whatever cheerful and serene, supports the mind supports the body too. John Armstrong Life is not merely to be alive, but to be well. Marcus Valerius Martial He who has health, has hope; and he who has hope, has everything. Henry Wadsworth Longfellow We live longer than our forefathers; but we suffer more from a thousand artificial anxieties and cares. They fatigued only the muscles, we exhaust the finer strength of the nerves. Edward George Bulwer-Lytton No one can get inner peace by pouncing on it. Harry Emerson Fosdick A crust eaten in peace is better than a banquet partaken in anxiety. Aesop, Fables Nature does not hurry, yet everything is accomplished. Lao Tzu I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind. Albert Einstein An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind. Buddha Work consists of whatever a body is obliged to do. Play consists of whatever a body is not obliged to do. Mark Twain To keep the body in good health is a duty Buddha Criticism may not be agreeable, but it is necessary. It fulfils the same function as pain in the human body. It calls attention to an unhealthy state of things. Winston Churchill A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history. Mohandas Gandhi You can chain me, you can torture me, you can even destroy this body, but you will never imprison my mind. Mohandas Gandhi The main purpose of life is to live rightly, think rightly, act rightly. The soul must languish when we give all our thought to the body. Mohandas Gandhi Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul. Mohandas Gandhi There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever. Mohandas Gandhi To deprive a man of his natural liberty and to deny to him the ordinary amenities of life is worse than starving the body; it is starvation of the soul, the dweller in the body. Mohandas Gandhi Just as a man would not cherish living in a body other than his own, so do nations not like to live under other nations, however noble and great the latter may be. Mohandas Gandhi A strong body makes the mind strong. As to the species of exercises, I advise the gun. While this gives moderate exercise to the body, it gives boldness, enterprise and independence to the mind. Games played with the ball, and others of that nature, are too violent for the body and stamp no character on the mind. Let your gun therefore be your constant companion of your walks. Thomas Jefferson Enlighten the people generally, and tyranny and oppressions of body and mind will

vanish like evil spirits at the dawn of day. Thomas Jefferson If the present Congress errs in too much talking, how can it be otherwise in a body to which the people send one hundred and fifty lawyers, whose trade it is to question everything, yield nothing, and talk by the hour? Thomas Jefferson Bodily decay is gloomy in prospect, but of all human contemplations the most abhorrent is body without mind. Thomas Jefferson Happiness is not being pained in body or troubled in mind. Thomas Jefferson A house is not a home unless it contains food and fire for the mind as well as the body. Benjamin Franklin Games lubricate the body and the mind. Benjamin Franklin Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. Kennedy There is more wisdom in your body than in your deepest philosophy. Friedrich Nietzsche We find delight in the beauty and happiness of children that makes the heart too big for the body. Ralph Waldo Emerson In the morning a man walks with his whole body; in the evening, only with his legs. Ralph Waldo Emerson Life without liberty is like a body without spirit. Khalil Gibran Hallow the body as a temple to comeliness and sanctify the heart as a sacrifice to love; love recompenses the adorers. Khalil Gibran The smarter the journalists are, the better off society is. For to a degree, people read the press to inform themselves-and the better the teacher, the better the student body. Warren Buffett Every man casts a shadow; not his body only, but his imperfectly mingled spirit. This is his grief. Let him turn which way he will, it falls opposite to the sun; short at noon, long at eve. Did you never see it? Henry David Thoreau We must no more ask whether the soul and body are one than ask whether the wax and the figure impressed on it are one. Aristotle I speak two languages, Body and English. Michael Jordan Begin to see yourself as a soul with a body rather than a body with a soul. Wayne Dyer The human body has two ends on it: Sometimes people get their ends reversed. When this happens they need a kick in the seat of the pants. Theodore Roosevelt No man is worth his salt who is not ready at all times to risk his well-being, to risk his body, to risk his life, in a great cause. Theodore Roosevelt Germany has reduced savagery to a science, and this great war for the victorious peace of justice must go on until the German cancer is cut clean out of the world body. Theodore Roosevelt A person will sometimes devote all his life to the development of one part of his body - the wishbone. Robert Frost The higher your energy level, the more efficient your body The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results. Tony Robbins The best cure for the body is a quiet mind. Ayn Rand Sex is full of lies. The body tries to tell the truth. We cripple ourselves with lies. Jim Morrison No group and no government can properly prescribe precisely what should constitute the body of knowledge with which true education is concerned. Roosevelt Take care of your body. Jim Rohn Her body calculated to a millimeter to suggest a bud yet guarantee a flower. Scott Fitzgerald The chief function of the body is to carry the brain around. Edison The body is a community made up of its innumerable cells or inhabitants. Edison We get into the habit of living before acquiring the habit of thinking. In that race which daily hastens us towards death, the body maintains its irreparable lead. Albert Camus There is one thing I have never taught my body how to do and that is to figure out at 6 A. Erma Bombeck Never order food in excess of your body weight. Erma Bombeck Man consists of two parts, his mind and his body, only the body has more fun. Woody Allen I like my body when it is with your body. It is so quite new a thing. Muscles better and nerves more. You know what I do. Mike Tyson Science is a way of thinking much more than it is a body of knowledge. Carl Sagan If I read a book and it makes my whole body so cold no fire can ever warm me, I know that is poetry. Emily Dickinson A sound mind in a sound body, is a short, but full description of a happy state in this World:

Chapter 2 : 17 Best Bible Verses about Your Body - Encouraging Scripture

Tiny Self-Care Ideas for the Body. 1. Give your body ten minutes of mindful attention. Use the body scan technique to check in with each part of your body. 2. Oxygenate by taking three deep breaths. Breathe into your abdomen, and let the air puff out your stomach and chest. 3. Get down and boogie. Put on your favorite upbeat record and shake your booty. 4.

I was a rebel with a cause, as the lure of the nightlife kept me away from my dysfunctional home. I was searching for love and happiness in all of the wrong places, but the universe stopped me dead in my tracks, both literally and figuratively, when my brother committed suicide. Devastated by the loss of his presence in my life and the close bond we once shared, I felt utterly alone. His death was not something I anticipated. I needed answers and some sort of explanation as to how a happy-go-lucky young man had changed into a moody and depressive person. In my grief-stricken state, I went to the public library and retrieved books on suicide and mental illness. I needed to categorize his disease. Was it bipolar, schizophrenia? Coincidentally, I had a medical appointment with a general practitioner. I was a new patient and had never met this doctor before. But I immediately felt at ease with him, and though I went in for a physical reason, I left his office with a plan for self-healing. After a few sessions with the doctor, I learned about depression, dysfunction, abuse, and addiction. I was completely overwhelmed, and as I excavated my past, I plummeted even deeper in my darkness. I remained stuck in stage four of the grieving process—depression. My pain was so unbearable I even contemplated my own death. When the doctor offered antidepressants, I declined. I chose talk therapy as opposed to antidepressants, not because of any stigma, but because I envisioned myself in a vegetated state for the rest of my life. I already had family members in this predicament and I vowed that it was not going to me. So I was quite aware that I was genetically predisposed to manic or bipolar depression. After one year of dealing with my issues, I abandoned my own treatment. I was caught up in a whirlwind romance with my prince charming. We got married and built a life that my girlfriends dreamed of. I was severely depressed and diagnosed with bipolar tendencies. Still, I stubbornly refused antidepressants. In my mind, I had already established my happiness was not going to be found in a pill. So I kept searching for what I believed would make me happy, only to self-medicate by stuffing my emotions in binge eating, alcohol, and co-dependent relationships. So why was I still unhappy? Once again the universe stepped in, and third time was definitely not a charm. For two and a half years I endured a turbulent relationship that had me consumed with passive-aggressive behavior and endless drama. When I severed the ties, I hit rock bottom. It was time for me to confront myself. I was fed up of repeating the same patterns and I was ready to get serious with my life. I resumed my therapy sessions. I started journaling, and I gradually established a holistic approach to take care of my entire well-being, encompassing mind, body, and spirit. Worrying only increases stress-levels. The key is consistency and repetition in order to create healthier habits. I know that life can get in the way and some days it can be challenging to cope. By no means am I advocating against the use of antidepressants. After a nineteen-year battle with depression, I can attest that treating the mind-body-spirit is not a quick-fix solution—and that it is possible to feel whole again. But you have to choose to put effort into healing. Do you practice any rituals to keep your mind, body, and spirit connected? Are you in a combination treatment, if so what are they? This does not constitute professional advice. Please consult a qualified professional for a treatment plan if you feel you have a serious condition and need help. Her memoir promises to be filled with drama, emotional turmoil and an inspiration to never give up! Connect with Andrea at <http://>

Chapter 3 : What Does the Bible Say About Your Soul?

Taking Care Of Your Mind, Body And Soul. Thinking positively, eating healthily and exercising regularly - which are at the core of the Feel+ programme - are all ways to help improve your general mental and physical wellbeing.

When one of these factors are off balance, our whole body will feel it on some level. Emotions can cause physical symptoms, spiritual disharmony can cause emotional systems and so on. To be in complete health and harmony, our being needs to be in balance. Even though these suggestions are quick and easy, they can go a long way in helping you to restore balance, peace and harmony within your entire being. When in balance however, our mind can help stimulate creativity, make decisions, enhance our intuition and provide the drive and motivation to get things done. To help balance and recharge the mind, meditation is truly the best practice however, it make it more interesting why not try a Writing Meditation? Writing Meditation Retreat to a quiet place with pen and paper in hand. Get comfortable and take deep breaths. As you exhale imagine the contents of your mind being emptied out through your nose and mouth. The idea with this is to keep writing without stopping. Keep writing until you have completed full pages back and front. This exercise is best done at the start or end of the day. It is a simple daily practice, but a very powerful one. It helps to empty conscious thoughts and get to the heart of the subconscious mind in order to release any hidden blockages or fears.

For the Body The body is the vessel in which we move through the world. Every body is unique and every body has its own definition and place of balance. When the body is in balance it becomes easier to express your soul, clear your mind and fulfil your purpose. When out of balance however, it can lead to physical symptoms and weakened immunity. The best thing you can do for your body every day is to nourish it with clean, organic fruits and vegetables. To really recharge the body, the fruits and vegetables you consume should be organic and straight from the farm if possible. This is because a lot of the fresh produce at supermarkets is many weeks old before it gets there and therefore, deficient in many nutrients. Shopping at farmers markets or growing your own is best! Aim to eat at least 5 serves of vegetables and serves of fruit every day with a combination of both raw and cooked. If you are going to cook any of your fruits and veg, steaming or stir-frying is best. Definitely avoid cooking in the microwave or boiling as this destroys a lot of the nutritional value. Eating a good amount of fresh food is highly protective for the body and can help to restore energy levels, stimulate healing and improve your physical health. It is truly the best thing you can do for your body.

For the Spirit The spirit is the energy or life force that lives within all of us. When we die, it is our spirit body that leaves this earth, not our physical body. Our spirit body is so powerful and can never be destroyed. The primary purpose of the spirit body is to grow and evolve. In order to enhance the health of the spirit body, the best thing you can do is to create. Getting in touch with your creative juices is a great way to express the spirit and can allow you to feel a greater sense of connectivity with your spirit energy. There are no rules or guidelines when it comes to creation. Experiment with whatever feels best to you such as- Coloring and drawing.

Chapter 4 : Healing Depression by Taking Care of Your Mind, Body, and Spirit

When the body is in balance it becomes easier to express your soul, clear your mind and fulfil your purpose. When out of balance however, it can lead to physical symptoms and weakened immunity. The best thing you can do for your body every day is to nourish it with clean, organic fruits and vegetables.

The responsibility to take care of our body and soul is a choice only we can make. This morning we continue our series called "Good Sense Living. As we said last week, there are ways we live that do make good sense and ways we live that do not make good sense. We then talked about how we have to make some hard decisions regarding our time to bring balance between our work and family and leave room for God to work as well. Today we are going to talk about the responsibility we have to take care of our body and our soul. Unless you have been living in a cave for the last ten years, it is not surprising to you that as an American culture we are an unhealthy bunch of folks. Our lives are far too inactive and our diet is far too inadequate. We are "Killing Ourselves with a Knife and a Fork". As Christians we have a responsibility to take care of the body that God gives us. At the same time, we as believers are failing to take care of our soul, our spiritual selves. There has never been a time in Christian history when there were more resources available to nurture and grow spiritually. There is every imaginable specialty Bible available as well as books and study materials. Yet with all the information available, why is it that there is so little real spiritual transformation going on in our lives? The reason is we have failed to take responsibility to care for the health of our soul. It is simply that we have failed as believers to take responsibility for the care of our body and our soul. Paul tells Timothy in 1 Timothy 4: This morning my words to you are a gentle challenge for each for us to be reminded of some things you already know but need the encouragement to act. This text reminds us of three areas for which we need to take responsibility: Our time needs to be balanced Our bodies need to be healthy Our souls need to be trained Before we can begin to address the care of our body and soul there is primary factor that has to be examined. That factor is that the key reason we fail to take care of either our physical health or spiritual fitness is that the way we use our time is out of balance. In I Timothy 4: The "godless ideas" were concepts that were spiritually bankrupt. The "old wives tales" referred to ideas that were silly and wasteful and not worthy of his attention. Paul is telling Timothy that he needed to be careful not to use his time on things that were ultimately worthless but to spend his time on things that were truly valuable. What this says to me is that before we can truly begin to take responsibility for the care of our bodies and souls we have to make some hard decisions about balancing our time. Making room for the right things means bringing balance to our lives. Bringing balance to our lives is not about making a list of priorities because, ultimately, priorities become defeating. Because to say one thing is a priority is saying that something else is not. If you decide that you are going to take responsibility for the care of your body, then in order to do that it means you will not choose to do something else with the time you are giving to your body. Say you choose to exercise in the morning after your wife has been up three times with the baby. Just when you start out the door you hear the baby cry. Now, if you choose your priority, you may find your spouse having issues with your priority. Real life is more about arranging our life around balance than it is following a list of priorities. Balance means that you recognize your limits in defined areas of your life. It may be that the time you are giving to work is the place that throws the balance off in your life. You may be spending far too much time on a hobby or some recreation activity that keeps things out of balance. Balance understands that we all have physical, emotional and mental limits. Balance means recognizing where your life is out of balance and making choices to bring balance back into your life. Make sure you understand what the Master wants" Eph. The first crucial step to taking care of my body and my soul is to recognize that my time needs to be balanced. Once we recognize the need for balance with our time then we have room to do what we can to take care of our body and soul. Paul says in verse 8, "Physical exercise has some value. Some see that Paul is using the analogy of physical exercise to emphasize the need for spiritual training. Others say that Paul is alluding to extreme forms of bodily discipline that can get out of hand. Either way, Paul is not saying that we should neglect or fail in the care of our physical body. He does say that it has "some value. Also, the diet of the average person was predominately whole grains and

vegetables with very little meat, so there was no need to watch their calories. So, for Paul, there was not a concern for the physical health because their lifestyle took care of that. This is not true for us today. Our culture is focused so much on convenience and that has forced us into too much inactivity. It has, as well, made our food as equally convenient, which forces us to eat foods that do not promote health. You are well aware that our inactivity and our diet are contributing to at least half of the ten major causes of death—heart disease, high blood pressure and stroke, diabetes and some cancer. Yet with all the information available to us, the vast majority of us ignores it and goes right on doing nothing to change! This is not about a woman being a certain size or a man being "buff. Where does that begin? It begins by your decision to change your lifestyle before your lifestyle changes you! It is not first about an exercise plan or a diet; it is about a lifestyle change. So first change your mind about changing your health. Next, find what works for you. If you can walk, then you have the capability of providing the best long-term exercise available. All you need is a pair of shoes and a front door. If it is something else that works for you, then do it! Just keep one simple idea as key: He says in verse 7: The word he uses for "training" and "exercise" is translated also as discipline. The word is actually the one we use for gymnasium. It is also was given to Timothy as a command that is to be obeyed. Another thing is that this training or exercise is something for which Timothy is responsible, because he tells him to train "yourself. Because what we train our souls to become prepares us or equips us to live life now and into eternity. As necessary as our need to make choices about own physical health we desperately need to make choices about our spiritual fitness! The sad truth is we show more concern—what little concern we show—about our physical appearance than about our spiritual health. For example we have over people enrolled in Sunday School and we have less than half of that show up on a good Sunday! One of the reasons for this is that we have told ourselves that the Christian life is about our entrance into heaven. They have the password for heaven but have lived the rest of their life never knowing the transforming power of Christ. That is why Paul says that spiritual training "promises a reward in both this life and the next. In other words, if I read my Bible and pray then I am spiritually fit. I believe, without question, that those two things are vital to our spiritual health; but is that all that being spiritually fit means? If it is, then I am not doing something right because I can have a set time to read the Bible and pray but then something happens that makes me think that I wasted my time because I am really not a different person as a result. Spiritual fitness is about more than my being able to check off my Quiet Time on my to do list. Spiritual fitness is about training ourselves toward transformation. There are several of you who have run a marathon, which is over 26 miles. There are some of you even now who are training to run a marathon. You have started with short distances and are building up gradually to complete the distance. Now if you had not trained for the marathon you could try to run the marathon but it would make little difference. Training both physically and spiritually means "arranging life around those activities that enable us to do what we cannot do now even by extreme effort" John Ortberg. If my soul is going to be transformed then it will be because I trained my self spiritually to overcome the sinful habits that were holding me back. Doing the things needed to overcome the sinful habits that were holding me back. Doing the things needed to overcome obstacles to my transformation is called spiritual disciplines. A spiritual discipline is "any activity that can help me gain power to live life as Jesus taught and modeled it. Spiritual disciplines are more than your daily Bible reading, praying or coming to church. Spiritual disciplines are things that help you overcome a particular sin habit in your life. They typically come in two categories: If I have a problem with gossip then my choosing to be silent trains me to overcome that. If I have a problem with patience, then I may choose to stand in the longest line at Wal-Mart to overcome that. In one case I made a decision to not do something to learn something spiritually. In another, I chose to do something in order to help me learn what I needed. I could try all I wanted to stop gossiping or to be patient. I could read more and pray more. I will only be transformed when I am trained over a period of time to be spiritually fit.

Chapter 5 : PPT - Taking Care of Your Mind, Body, and Soul PowerPoint Presentation - ID

Our very own, Dr Trattner was featured in Life and Beauty Weekly for Body and Soul about ways to take care of both your body and soul.

This post covers 25 self-care tips for the body and soul. I first published this post when I was pregnant with my first child. I was having such a hard time with the pregnancy and I needed to be reminded of all the ways I could take better care of myself. Now, five years later crazy! In case you need some reinforcement, below is a list of 25 self-care tips for taking care of your body and soul. Each probably needs its own separate blog post, but hopefully this consolidated list is helpful to you! Life is an unfolding, a discovering, an adventure. Sometimes over-thinking it all can get you into trouble. Take it all in with grace and grace will lead you in the right direction. Give yourself a break. Stop trying to wade upstream at high tide. Take a breather and surrender. Be Still We live in such a rushed, over-stimulated, over-gadget-ized society. Find somewhere beautiful – a park, the woods, your kitchen – and just sit there. Absorb the sound of the wind through the trees, the light and the shadows, the peace, and just appreciate the stillness. Make time for stillness regularly. Stop Comparing Yourself to Others Comparing yourself to others with envy robs you of appreciation for the sacred place your life is in at any given moment. Let it lead you to take actions that advance your goals. I must say I agree. No matter how chaotic our lives have become, this simple ritual keeps us grounded. The only way to achieve things you want is to take bold actions. If something scares you deeply, it means you want it deeply, so go for it. Friends you can be sick and miserable around and yet all they seem to do is make you laugh. Friends who selflessly love you for you, without any agenda. Those friends are priceless. Know Your Strengths Our weaknesses are always shouting out for our attention. Try to instead focus on your strengths. You have so many. Focus on them and use them daily. List them out so you never forget what they are. Build your life around them. The more you live within your strengths, the less your weaknesses will matter. Eat Green Greens, greens and more greens. The more you eat them, the more your tastebuds change and you realize just how delicious food from the earth truly is. The lighter you feel, the better your skin looks, the more energy you have. Exercise Regularly Regular exercise can transform your life. As Richard Branson says, one hour of exercise equals four extra hours of productivity. Make time for exercise, it will give time back to you in spades. I went along with whatever people wanted of me, fully owning my role as people pleaser, only to feel annoyed with myself later. Forgive Yourself, Forgive Others Forgiveness is one of our most powerful allies. Forgive the people in your life who harmed you and forgive yourself for your own mistakes and you will liberate yourself from pain, anger, resentment and negativity. Anger, grudges and resentment hurt no one more than the person holding them. Their attitude towards you is more about their own inner struggles and fears than it is about you. Afterwards I always felt so crummy. People who have nothing but negative things to say about everyone are unhappy with themselves. Be nice to people, to everyone. Support people and their dreams. What matters is that we try. Let yourself sulk, get it all out of your system. The sooner you get it all out the sooner you can move on. Breathe Deeply Take long deep luscious breaths way down into your diaphragm. Several deep breaths can relieve anxiety, cleanse your energy and ease any overwhelm you may be experiencing. Your breath is your super power. Your imperfections are you perfection. Let them reveal your individuality. Laugh at them if you need to. Imperfections make things interesting. And behind every imperfection is a strength. Being nice is way sexier, more secure, more comforting, more loving, more stable, and all around more awesome. Fight for Your Self-Esteem Our lives are a reflection of our self-esteem, so we must fight for it every day. Know what your values are and honor them. Create routines and rituals that fuel your confidence and strength. Stop being your own worst enemy and treat yourself with kindness, patience and forgiveness. This all takes great effort, but it is worth it. But too much TV robs you of time, creativity and sleep. Goals fly out the window. TV is addictive and it lures you in, try to keep it in moderation. Unplug Create sacred spaces in your days or weeks where you unplug from everything. No emails, internet, nothing. We are turning into an ADD society, jumping from one distraction to another. Be of Service Try to always find ways to be of service. To people, animals, the environment, whatever lights you up. Life gives to the

giver and takes from the taker. Find ways to give and keep giving. Ways that inspire you, that speak to you, that fill your heart. Ways that empower you instead of depleting you. No matter where you are in life, there is always someone or something who could benefit from what you have to offer. Just Be You You are perfect. Free Resource Library Want to live confidently and peacefully as a sensitive soul? Sign up and gain access to my free library of e-books, pdfs and other resources to help empower you. You are also agreeing to our Privacy Policy. Now check your email to confirm your subscription. There was an error submitting your subscription. First Name Email Address We use this field to detect spam bots. If you fill this in, you will be marked as a spammer.

Chapter 6 : Taking Care Of Your Mind, Body And Soul

I'm a big believer in taking care of your mind, body, and soul every single day, and my technique for getting out a slump is to focus on doing things that are going to improve those areas of your life.

Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. I tell you a mystery. We shall not all sleep, but we shall all be changed, John And many bodies of the saints who had fallen asleep were raised, Matthew Come to the wedding feast. If he listens to you, you have gained your brother. But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector. But we have renounced disgraceful, underhanded ways. And even if our gospel is veiled, it is veiled only to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. And you are arrogant! Ought you not rather to mourn? Let him who has done this be removed from among you. For though absent in body, I am present in spirit; and as if present, I have already pronounced judgment on the one who did such a thing. When you are assembled in the name of the Lord Jesus and my spirit is present, with the power of our Lord Jesus, you are to deliver this man to Satan for the destruction of the flesh, so that his spirit may be saved in the day of the Lord. The prayer of a righteous person has great power as it is working. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— 2 Corinthians If God is for us, who can be against us? And Moses took the staff of God in his hand. But I will harden his heart, so that he will not let the people go.

Chapter 7 : Taking Care of your Whole Self, Body and Soul - Haute and Holistic Living

Millions of people are content to slurp tepid chicken soup for the soul or tend their wicker baskets. Are you willing to do more than that for your soul? When you take care of your soul, you are taking care of yourself. The soup is thin, and the baskets can wait. Listening to your soul may take some adjusting and planning.

After awhile, your body screams in protest and demands you pay attention to its needs. Your body and mind deserve some rest. Exercise your body for a happy mind. A little exercise will go a long way to reducing stress. Even just a brisk walk in the morning will energize and motivate you for the day ahead. Set your alarm for a little earlier than usual and hit the pavement. Save time by preparing the night before. Lay out your exercise clothes so that you can get going with minimal preparation time. A quick five or ten-minute meditation each morning will help balance your mind for the busy day ahead. Take a few moments to relax before you begin preparing for the day. Think about all the things you are grateful for and give yourself some positive encouragement. Writing is a therapeutic activity. In just a few minutes, you can write your thoughts, worries, gratitude, or whatever else comes to mind. Keep the journal near your bed and make a habit of writing a few paragraphs or even sentences each night before you go to sleep. Read a book or a magazine. We all need to escape from the pressing concerns of reality once in a while. On your next lunch break get away from your computer and pick up a book in your favorite genre or a hobby magazine. Reading is a relaxing activity that helps us escape from the pressures of our lives. Call an old friend. Busy lives get in the way of friendship. Career, family, responsibility makes us forget those who are dear to us. Friends become distant memories. In the social media age, people tend to keep track of friends through various social media sites, but rarely ever pick up the phone. Schedule time for yourself. We remember important conference calls, meetings, and deadlines. Next time you start filling out your daily calendar schedule blocks of time for yourself. Schedule time in the morning for some exercise. Schedule time in the evening to visit with friends. People tend to grab their phone first thing when waking up. Make time for breakfast the most important meal of the day and save the email for the end of your morning ritual. Take a pre-made meal to eat for lunch. Lunch consists of dining out, which is not always healthy. Pre-pack your lunch the night before and nurture your body with nutritious food. Take your lunch away from your desk and relax. Pretty soon we find ourselves running on empty. Sleep is not only good for the body, but it is also good for the mind. A well-rested body and mind can accomplish great things. Make your weekend about you, not work. Many people take their work home with them and never really get a day off. Take time on the weekend to do things you enjoy. Spend more time with your family, not with your home office. Take a mini vacation. Limit distractions by resisting the urge to check email. Participate in hobbies or activities that you enjoy. Join a local sports team or volunteer at your favorite organization. Remind yourself that you are fabulous. You are not your job and taking the time to remember things that define you as an individual outside your work will contribute significantly to peace of mind. Your body and mind are your most valuable assets. To get through each day both need to be kept in good shape. Remember to give yourself a tune up every day by doing some of the activities mentioned above. Schedule time for yourself and your mind and body will thank you. Please share on social media if you found this post helpful. If you have a comment or question, please post and add your voice to the conversation. Jul 28, Like this column?

Chapter 8 : 3 Easy Ways to Care for Your Mind, Body and Spirit Everyday - Forever Conscious

In case you need some reinforcement, below is a list of 25 self-care tips for taking care of your body and soul. Each probably needs its own separate blog post, but hopefully this consolidated list is helpful to you! 25 Self-Care Tips for the Body & Soul 1. Stop Over-Thinking. You don't need to have the answers to all of life's riddles.

The human spirit is the organ for receiving God as life. We are just like a radio. A radio has a receiver within it. When the receiver malfunctions, it cannot receive the radio waves. Man is like a radio, and the human spirit within him is like a receiver. Man cares only for the outward body and the soul. When we repented and were saved, our spirit was activated. In other words, our conscience was activated. According to the record in the Bible, the conscience is the leading part of the spirit. Now that you are saved, you need to take care of your spirit. In the past when you quarreled with your wife, you were never short of words to defend yourself, and the more you spoke, the more you were convinced that you were right. But after you heard the gospel, the Holy Spirit entered into you and touched your conscience, causing your spirit and conscience to function. Then you confessed your sins and repented. The more you confessed, the stronger the spirit became. The more you confessed your sins, the clearer and purer your spirit became. This means that God came in, the oil came into the lamp, and the lamp was lit. When you have light and revelation, that means God has come into you. However, after many of us have been saved, we put aside our lamp and do not care for the spirit. We are accustomed to using our mentality, our mind, but not our spirit. Although we know that as believers we should turn to our spirit and care for our spirit, yet we seldom do so. Moreover, heaven and earth are for man; so man is the center. Without the earth, man could not live. Without heaven, the earth would be without rain and sunlight and thus would not be able to sustain all the living things. The animals could not live; the plants could not live; and even more, man could not live. The vast heaven is for the earth, and the earth is for man. Although heaven is great, it is for the earth; although the earth is big, it is for the small man; and although man is small, he is for God. God is Spirit, and the man who is for God must also have a spirit so that the two spirits can become one spirit. Today, we Christians have God within us. Perhaps you have not yet believed in the Lord. In this case, you must know that you are a vessel created for God. God wants you to be a vessel unto honor and glory to contain Him. Because God wants you to contain Him, He created a precious spirit in you. This spirit is for containing God. If you do not have God as Spirit in your spirit, your human life is vanity. If you have God as Spirit in you, your human life is substantial. If a radio is never turned on but is always laid aside, even though it has a receiver, it is still vanity. If it is laid aside for a day, it will be vanity for a day; if it is laid aside for a lifetime, it will be empty for a lifetime. You simply need to open your heart to the Lord to receive Him by calling on His name. Do not stay in your mind. You have a spirit within you. You must let your spirit function and let the conscience in your spirit function by speaking to you. You must follow the sense of your conscience and confess your sins to God. God will surely forgive your sins and even enter into you, and you will then be regenerated. When God comes in, revelation comes in, light comes in, and life comes in. Today, we should not use our mind to worship God; rather, we need to use our spirit to worship. Only that which is born of the Spirit is spirit. Only the Spirit can beget the spirit; only the spirit can worship the Spirit. I hope that these words could unravel the mystery of man. Man is a mystery because he has a spirit in him that enables him to let God come in to be his life and meaning. Thus, God becomes the mystery of man. Thank and praise the Lord! God is not only the mystery and meaning of the universe; even more He is the mystery and meaning of man.

Chapter 9 : 45 Simple Self-Care Practices for a Healthy Mind, Body & Soul

11 Ways to Take Care of Yourself Every Day for a Happier Mind and Body In just a few minutes a day you can find small ways to take care of yourself that don't cut into your busy schedule.

For me, it always happens at Starbucks. The barista will inform me that the customer before me bought my coffee, and in response, I will pay for the customer behind me, and this will usually continue until the line ends. A lot of interesting studies have been done concerning this charitable concept and the results show that the effects are both positive and contagious. Talk To A Stranger I know this sounds counterintuitive, but hear me out – interacting with new people is a good thing. A journalist for the NY Times did an experiment with commuters on the subway. He asked half of them to ride like they normally would, by avoiding eye contact and any interaction with their fellow riders. He told the other half to talk to whoever sat down next to them. Those who interacted with their new neighbors were pleasantly surprised by how much they enjoyed it. Visit an Animal Shelter More and more places are incorporating shelter animals into their work space and while they provide therapeutic outlets, the process also helps lead the animals to their forever homes. Talk about a win-win situation! When I was growing up, my mom had a rule for us before bed. We had to either read or write in a journal for one hour before going to sleep. Honestly, it was fantastic. It gave me time to focus on me and unwind before falling asleep and provided me with an opportunity to experience my feelings. Look for the positive in each situation. Allow the improbable to become possible. Change your perspective of other people. Keep an open mind. Avoid falling back into your old patterns. The blog on Creativity Post had a fantastic way of putting it: Take A Vacation This does not mean you need to book a ten-day trip to Hawaii. Just take a day trip out of town and go explore. We do, however, understand that positivity does good things for us.