



## Self-care

*"I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice holy and acceptable to God, which is your spiritual worship."* Romans 12:1 (NRSV)

We often take care of others as we devote time to work, family, and church. Does caring for others make caring for self a forgotten gift for God? Make time to be physically active on a regular basis and make healthy choices when hungry. Both help to energize, prevent illness and maintain bodies. Remember that each follower is God's child and deserves self-care time. To be able to love and serve others effectively, maintain health.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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