



RELATIONAL

Questions to Ask

- Is my family getting the best of me?
- Do I have people in my life who “fill me up” relationally?
- Am I spending enough time with them?
- Am I having enough fun with friends?
- Are there unaddressed conflicts in any of my relationships?

Things to Do

- Make an unscheduled phone call.
- Write a letter and mail it!
- Drive-by a friend’s house with treats or simply stop by because you were in the neighborhood.
- Join a Connect Group!

Ways to Grow

Get out of your comfort zone and volunteer. Practice forgiveness. Pray this, “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” (Psalm 139:23)



PHYSICAL

Questions to Ask

- Do I know what activities/practices help me relax? Am I setting aside adequate time for them?
- Am I getting enough sleep?
- What vegetables have I eaten in the past two days?
- Have I been treating food as fuel or as comfort?
- When was the last time I flossed? Am I brushing my teeth enough?
- Am I limiting the amount of caffeine I drink? Alcohol?

Things to Do

- Get moving. Often times, the hardest part is getting started. Just tie your shoes on and get out the door.
- Take deep breaths (Look up “4-7-8 breathing” for anxiety relief)
- Maintain a sleep schedule (Most adults need 7-9 hours of sleep)
- Make a meal plan for the week

Ways to Grow

- Start a workout plan – schedule it out for the month and DO it!
- Try a new recipe



MENTAL

Questions to Ask

- What are my dominant thoughts? Do they bring me closer to God?
- Do I know what activities/practices help me rest? Am I setting aside adequate time for them?

Things to Do

- Dig out a hobby you used to enjoy. Think about what you used to do before having smartphones, TVs, social media, etc. and do it!
- Find the silver lining.
- Limit intake of news/social media to once/day
- Exercise gratitude ([5-min journal](#) – great way to combat fear and anxiety!)
- Slow down your mind, practice being present, do one thing at a time.
- Pray this, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.” (Phil 4:8)

Ways to Grow

- Avoid escapist practices: alcohol, TV, drugs, etc.
- Turn screens off for 24 hours once/week.



SPIRITUAL

Questions to Ask

- How would I describe my relationship with God right now?
- Do I feel close to God?
- Do I know what spiritual practices keep my heart intimately connected to God? Am I protecting time for these practices in my daily/weekly schedule?
- Is there sin in my life that I need to confess and repent of?

Things to Do

- Begin each day with prayer and in God’s Word.
- Attend Church.
- Listen to/watch messages on-demand.
- Pray without ceasing (1 Thes 5:17).
- Practice the Sabbath.

Ways to Grow

- Identify your spiritual gifts and put them to work!
- Deepen your faith by learning more about baptism, etc.
- Get involved! Serve on a team, join a Connect Group.
- B.L.E.S.S your neighbor.