

MOVING FORWARD TODAY WITH A PAINFUL PAST

www.stone2well.org

Scripture Reading

Psalm 55:16-17; Psalm 77:11-14; Habakkuk 3:18-19; Hebrews 12:1-3;
John 14:27; Mark 14:38; Hebrews 4:12-16; Ephesians 6:12-13

YOUR MORNING

- Begin with gratitude, a thankful heart for a new day.
"Thank you God, and I welcome you in my day, give me a fresh heart for what's ahead."
- Take care of your body: hygiene, beauty care in a way meaningful for you, include nutrients and movement.
- Read Bible, or a devotional. Pray - even if with kids, add worship music to shower, car or bus ride.
- Say something kind and motivating to yourself.
- Refer to your calendar or planner for reminders of what the needs and desires of the day are.



YOUR AFTERNOON

- Remind yourself, God is in control.
- Remind yourself you are safe and reach out to a trusted person to say hello; friendly check-in.
- Take deep breaths: Long inhales, pause, long exhales. Relax muscles even if just 5 minutes; take a walk, or stretch. Read or listen to something healing, funny, inspiring, or instructional.
- Reflect on 3 good things that have happened today even if tough day so far and make one plan or action item for tomorrow.

YOUR EVENING

- Follow a night-time routine when possible.
- Take care of your body, mind & spirit. Remember to eat, reframe any negative thoughts toward hope, refill your spirit with Jesus.
- Enjoy your children, celebrate wins & let them talk about how they are feeling. Dine or play together.
- Check in with counselor, support group, anchor, church-affiliated group, etc. Or do a positive hobby.
- Be a person of prayer in your private spaces.
- Recite: "I am being healed, or I am healed, with a future and hope," or something similar.



This is a help guide and not medical or psychological advice.
Seek counsel & mentorship to help you to move beyond trauma and misfortune.