

Taking Care of You in Tough Times!

101 SELF-CARE TOOLS

PHYSICAL | EMOTIONAL | SPIRITUAL



Give all of your worries
and cares to God
because He cares
about you!
-1 Peter 5:7

In tough times, God is taking care of you, so you have permission to take care of yourself!

1. Plan your schedule for 8 hours of sleep per night.
2. Drink ½ your body weight in water IN OUNCES each day. (150 lbs = 75 ounces)
3. Take five deep breaths before getting out of bed each morning.
4. Challenge yourself to move your body for 10,000 steps per day.
5. Enjoy a piece of fruit. Savor the fruity smell, texture and sweetness.
6. Make your annual gynecologist appointment!
7. Stretch your arms and legs when you get out of bed and before climbing in bed.
8. Eliminate one unhealthy food from your diet for 30 days.
9. Buy a new pair of athletic shoes.
10. Schedule a weekly walk with a friend.
11. Remove television or mobile devices from your bedroom for less distraction and sleep.
12. If it doesn't fit, get rid of it! Clean out your closet..
13. Stop wearing clothes that make you sad.
14. Make an appointment for a fresh hair style or color.
15. Prep salad-in-a-jar for simple, healthy daily lunch.
16. Lift your girls up! Have a professional bra fitting.
17. Take the best bubble bath EVER!
18. Wash off your make-up EVERY NIGHT.
19. Floss!
20. Wake up and get dressed before your household wakes up.
21. Keep snack-size packages of almonds, carrots, or apples in your purse or bag.
22. Skip buying junk food for one week and see how much better you feel.
23. Make sure you own at least ONE pair of shoes that make you giddy.
24. Gift yourself a manicure or pedicure.
25. Cook a new recipe with your favorite vegetables.
26. Give one really great hug each day.
27. Forgive someone who has hurt you.
28. Commit to professional counseling for six months to deal with an unresolved issue.
29. Develop a "board of directors" of three friends to help you make tough decisions.
30. Write a letter to someone who has hurt you. Put it in an envelope. Then, burn it.
31. Volunteer at a women's or children's non-profit.
32. Hire a personal coach to help you move toward your goals.
33. Take a struggling friend out for coffee - listen without offering advice (unless asked).
34. Say "yes" the next time someone offers to do something nice for you.
35. Smile at yourself for one minute in the mirror.

36. Go to bed an hour earlier for one week.
37. Start a gratitude journal and record 25 thankful moments each day.
38. Watch a funny movie.
39. Plan one day to treating yourself to experiences that make you happy.
40. Make a list of everything that you are afraid of and share it with a friend.
41. Go to your local art museum. Find a piece of art you love and enjoy it for 30 minutes.
42. Choose not to argue with anyone today.
43. Pray this today: God, give me kind words, a kind heart, and kind attitude.”
44. Choose to let go of one control loving behavior today. [Click here](#) to find out more.
45. Make a list of your bucket list. Post them where you can see them each day.
46. Write a letter to yourself for six months from now. Seal it and put it in a drawer.
47. Send a card or text someone that you’ve lost touch with.
48. Do something courageous!
49. Forgive yourself for a past failure.
50. Host your own dance party, turn the music up and dance to all your favorite music.
51. Plan a silent retreat.
52. Register and attend one women’s conference or retreat.
53. Read one personal development book.
54. Read an autobiography of a famous woman that you admire.
55. Join (or start) a book club.
56. Take a class at your local community college or vocational center.
57. Insert a one-hour space between appointments or meetings for extra margin.
58. Review or make a list of your personal boundaries.
59. Feeling sluggish? Take a walk or do 25 jumping jacks to increase oxygen to your brain.
60. Attend a lecture at your university or local library.
61. Buy a special coffee mug or tea cup for yourself.
62. Write down your goals for the next six months.
63. Plan a vacation.
64. Learn a new hobby.
65. Clarify your values. What are your “hills to die on?”
66. Take a personality test to learn more about yourself.
67. Skip social media for 24 hours.
68. Make a “To-DON” list for things you must quit or give up.
69. Stop. Take a breath and be present in this moment.
70. Celebrate something that you’ve done well or accomplished.
71. Ask someone to mentor you for three months.
72. Eliminate “hurry” from your schedule by reviewing your commitments and letting go of one or two that you no longer enjoy like you used to.
73. Create a corner, nook, or room in your house and design it just for you.
74. Write out your story of how God has changed your life? Here’s a [worksheet!](#)
75. Give yourself one compliment each day.

76. Do ONE thing that you've been procrastinating.
77. Memorize one Bible verse each week for one year.
78. Join a Bible study or small group - either live or online.
79. Go out for lunch by yourself. Bring a book and enjoy!
80. Listen to a praise and worship playlist.
81. Commit to fasting one day a week for a month.
82. Take an afternoon and purposefully grieve for a lost dream. Ask God to help you let go of that dream and give you a new one.
83. Create a prayer board for your prayer practice.
84. Write a Bible verse on a note card and meditate on it every day for 30 days.
85. Buy yourself flowers.
86. Repeat "I am God's beautiful, unique daughter" each day for seven days.
87. Start a "God Box" and drop in your written prayers.
88. Watch a sunrise or sunset.
89. Give yourself permission to say "no".
90. Sit still and quiet your heart, mind, and body for one hour.
91. Choose one day to rest and keep it free from appointments or obligations.
92. Get a massage.
93. Develop a morning ritual to start your day off right.
94. Compliment at least one other woman each day.
95. Have professional pictures taken of yourself.
- 96.. Close your eyes and exhale. Let your shoulders drop and give your worries to God.
97. Say "no" when someone wants you to take responsibility for his or her problems.
98. Choose today not to FEEL be responsible for someone else's bad decisions.
99. Dance for one minute - music is optional!
100. Buy a new candle or aromatherapy scent that blesses you.
101. The next time someone gives you a compliment, just say "thank you" with a smile.



Barb Roose is a popular speaker and author who is passionate about teaching women to live beautifully strong and courageous in spite of their fears so that they can experience God's great adventure of faith and purpose for their lives.

Since 2005, Barb has been speaking to audiences in the US and abroad, including national platforms such as the Aspire Women's Events, She Speaks Conference, and the UMC Leadership Institute.

She's a Bible teacher who loves following God more than anything else in life. Barb makes God's Word come alive through powerful teaching, personal stories and practical next steps. Audiences love her authenticity and humor.

Barb is a real woman who has experienced depression and anxiety, parenting challenges, family addiction trauma and long seasons of walking by faith in unanswered prayer. Rather than teaching audiences to follow God to get what they want, Barb inspires audiences to discover that God is all they need!

She's the author of multiple Bible studies, including: *Matthew: Pray Like This*, *Surrendered: Letting Go and Living Like Jesus* and *Joshua: Winning the Worry Battle*. She is also the author of multiple books including *Stronger Than Stress: 10 Spiritual Practices to Win the Battle of Overwhelm* and *Winning the Worry Battle: Life Lessons from the Book of Joshua*.

Barb is the host of the Bold, Brave & Beautiful podcast and writes a weekly Happy Monday devotion. She lives in NW Ohio and she is the proud mom to three adult children. Barb enjoys traveling, reading, walking and whenever possible, she prefers to eat dessert first Visit Barb's online home at barbroose.com.

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10 SPIRITUAL PRACTICES TO WIN THE BATTLE OF OVERWHELM
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