

# Breathe Again

101 SELF-CARE PROMPTS & TIPS FOR  
WOMEN CARRYING TOO MUCH

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

# Breathe Again

101 SELF-CARE PROMPTS & TIPS  
FOR WOMEN CARRYING TOO MUCH

This 101-tip guide is designed to help you take small, meaningful steps toward God-honoring rest, renewal, and kindness toward yourself.

Choose one tip each day to check off, and challenge yourself to complete as many as you can in the next 30 or 90 days.

Grace over guilt.  
Progress over perfection.



Check out this welcome message from Barb on how to use this guide.

BARBROOSE.COM



## Body Care Prompts

- Take a walk outside after a meal.
- Drink a full glass of water before your morning coffee or juice.
- Stretch your arms overhead and breathe deeply three times.
- Go to bed thirty minutes earlier than usual tonight.
- Replace one sugary drink with water today.
- Lightly massage your hands and feet with lotion before bed.
- It's never too late for a professional bra fitting!
- Keep snack-size packages of healthy food in your purse.
- Take the steps instead of the elevator, if possible.
- Give yourself a home facial or revamp your skincare routine.
- Do 20 jumping jacks to boost energy or walk in place for two minutes.
- Sit outside and let the sun touch your skin.
- Engage your senses by smelling, touching, or tasting something new.
- Try a new herbal tea in your favorite mug.
- If it doesn't fit, get rid of it! Clean out your closet.
- Give yourself a hug - make it a good one!
- Dance for one minute - music is optional!
- Prep salad-in-a-jar for simple, healthy daily lunch.
- Take a power nap - even if your to-do list isn't done!
- Look in the mirror and smile at yourself. Repeat: "I am beautiful."

If you're viewing this pdf online, some of the prompts contain links you can click for more resources.



## Mind Care Prompts

- Read a spiritual growth or personal development book.
- Write down anything you're overthinking into a journal.
- Coach yourself to avoid control-loving behaviors today.
- Listen to a podcast that nourishes your mind.
- Flip a "What if" worry into a prayer by switching to "God, if..."
- Establish or review your personal boundaries.
- Unfollow one social media account that irritates you.
- Do a brain dump in your journal.
- Learn one new word today.
- Spend five minutes coloring as a brain break.
- Clarify your values. What are your "hills to die on?"
- Set a timer for 15 minutes and finish one task.
- Choose something you will stop worrying about.
- Listen to an audiobook while resting.
- Make a "To-DON'T" list for things you must quit or give up.
- Play your favorite song on repeat once.
- Overwhelmed? Write down a to-do list. Cross off one thing.
- Clean out one drawer or small space.
- Take personality test to learn more about yourself.
- Schedule one quiet hour this week.

## Soul Care Prompts

- Light a candle. Sit quietly with a heart willing to listen for God's prompting.
- Pray the surrender prayer wherever needed: God, I can't. You can. I will let You. Amen.
- Read a Psalm expressing connection/gratitude to God. *Suggested Psalms: 23, 100, 139*
- Whisper "thank you" to God for three things right now.
- Write down any reflections or thoughts in a journal.
- Turn on worship music while you cook or clean.
- Write down a Scripture verse on a sticky note and post it nearby.
- Create a prayer board for your prayer practice.
- Confess any guilt or shame to God and ask for forgiveness.
- Meditate on a verse by repeating it slowly three times.
- Have an emotional funeral for something you've surrendered to God.
- Pray the "Bad Day Turn Around" Prayer to restart a bad day.
- Start a "gratitude jar" and add one note today.
- Listen to a praise and worship playlist.
- Pray for strength over one stressful situation.
- Write down one lie you believe and replace it with God's truth.
- Start a "God Box" and drop in your written prayers.
- Pray this today: God, give me kind words, a kind heart, and kind attitude."
- Write out your story of how God has changed your life? Here's a worksheet!
- Pray with your body—kneel, raise hands, or bow your head.



## Heart Care Prompts

- Send a “just thinking of you” text.
- Call a friend you haven’t spoken to in months.
- Write a thank-you note.
- Smile at a stranger.
- Hug someone you love.
- Speak kind words or a compliment to someone.
- Invite a lonely person over for a meal.
- Pray for someone who frustrates you.
- Pray for someone instead of worrying about them.
- Make a list of people who encourage you.
- Post an encouraging message online.
- Offer to help someone with a small task.
- Say “I forgive you” (even if just in your heart).
- Take a walk with a friend.
- Send someone a handwritten note or card.
- Tell a family member why you admire them.
- Put your phone down during a conversation.
- Thank someone in customer service today.
- Pray a blessing over your neighbors.
- Plan a coffee or lunch date with a friend.
- Write a letter to yourself for six months from now - Seal it and put it in a drawer.



## Joy Care Prompts (Fun & Play)

- Buy yourself fresh flowers.
- Dance to a favorite song.
- Take yourself on a solo picnic (indoor or outdoor).
- Watch the sunset or sunrise.
- Do a random act of kindness.
- Take yourself on a “solo date.”
- Write down a bucket list item.
- Play a board game or card game.
- Refresh a pretty space in your home just for you!
- Explore a new store or park in your town.
- Wear your favorite outfit today.
- Do something creative (paint, knit, write, craft).
- Take a silly selfie. Don't worry what others' think!
- Gift yourself a manicure or pedicure.
- Take a scenic drive with no agenda.
- Journal a happy memory.
- Browse a bookstore or library.
- Try a new hobby for 30 minutes.
- Bake cookies and share them with friends.
- Celebrate one small win today.



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](http://barbroose.com).

**NEW**

**Matthew**  
PRAY LIKE THIS  
BARB ROOSE

**Available Now!**

Teaching You to Live Beautifully Strong & Courageous in Christ Because God Has a Great Adventure of Faith and Purpose for Your Life!

**STRONGER than stress**  
10 SPIRITUAL PRACTICES TO WIN THE BATTLE OF OVERWHELM  
BARB ROOSE

**STRONGER than stress**  
BIBLE STUDY  
DEVELOPING 10 SPIRITUAL PRACTICES TO WIN THE BATTLE OF OVERWHELM  
BARB ROOSE

**Surrendered**  
A STORY OF SURRENDER IN WARRIORS  
Letting Go & Living Like Jesus  
BY BARB ROOSE

**Breakthrough**  
FINDING FREEDOM IN CHRIST  
BARB ROOSE

**Joshua**  
WINNING WORRY BATTLE  
A BIBLE STUDY BY BARB ROOSE

**I'm Waiting, God**  
A FOUR-WEEK BIBLE STUDY  
BARB ROOSE

**FINDING JESUS IN THE PSALMS**  
A GUIDE JOURNEY  
BARB ROOSE

**ENOUGH**  
Winning Your Ugly Struggle with Beauty  
ALREADY  
Barbara L. Roose

**WINNING WORRY BATTLE**  
Life Lessons from the Book of Joshua  
Barbara L. Roose

**Surrendered**  
10 SPIRITUAL PRACTICES TO WIN THE BATTLE OF OVERWHELM  
BARB ROOSE

**Beautiful Already**  
A BIBLE STUDY BY BARBARA L. ROOSE  
Reclaiming God's Perspective on Beauty  
LEADER KIT