



DIGITAL SWAG BAG

The Purposeful Mom's Online Retreat

Encourage... Renew... Refresh



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Learning Fractions

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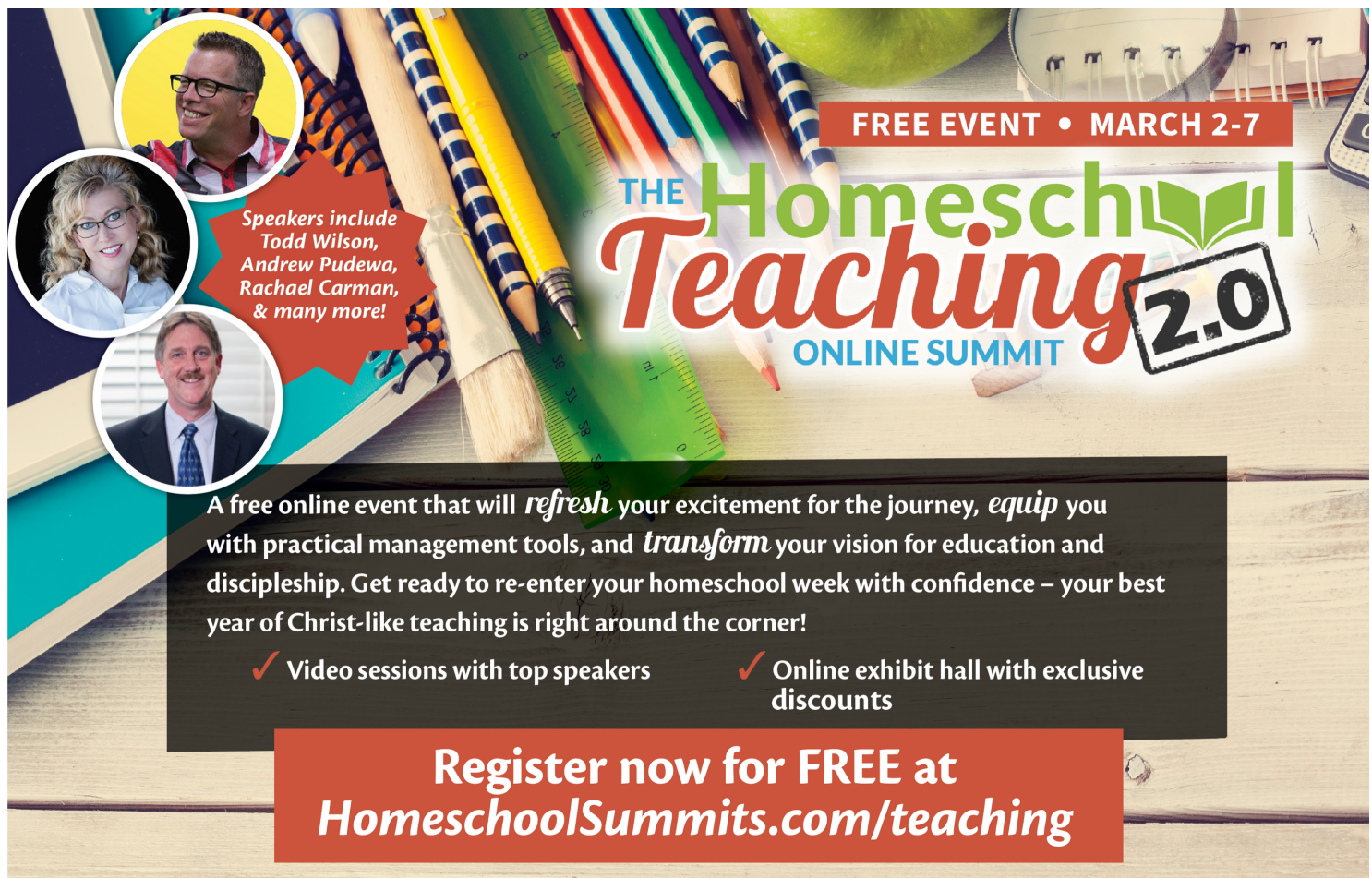
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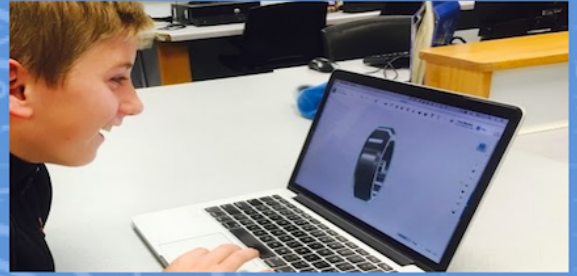
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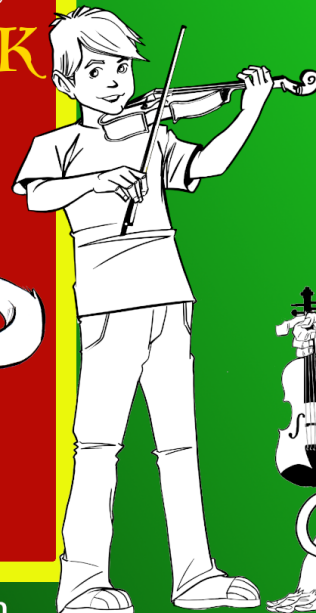


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(Sample Chapter on Following Pages)

Intentional Living

Life management for busy moms



Heart



Prayer



Health



Time
Management



Home



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MODULE 2

MY HEALTH



Introduction to Module 2 - HEALTH

Included in this module are:

4 Videos:

- Introduction
- Why You Need to Take Care of Your Body (2-1)
- Seven Disciplines For Your Health (2-2)
- Interview with a certified fitness trainer

3 Workbook Sections:

- 2-1 Why You Need to Take Care Of Your Body
- 2-2 Seven Disciplines For Your Health
- 2-3 Additional information & Action Steps (optional)

Appendix

- Health Tracker Chart
- Weekly Menu form
- Monthly Menu form



2-3 - Additional Information and Action Steps

This workbook is optional.

Below I am going to share additional information that relates to, goes deeper into, some of the areas mentioned previously in this module. This information is for those who are struggling in these areas and want more in-depth guidance.

REGARDING SLEEP ISSUES:

Perhaps one of your health issues is getting enough sleep, but it is not because you don't try -- it's because you just have trouble sleeping. I have struggled with insomnia for many, many years. Fortunately, I am finally doing better in that area, but it has taken a long time.

Let's explore some common reasons for not being able to sleep:

1. Pain
2. Worry
3. Adrenal Fatigue

- PAIN -

This has been an ongoing issue for me, and it often makes it hard to sleep. I have been told for years that I have fibromyalgia, but just recently was diagnosed with Lyme Disease, which is tied to my pain issues and my adrenal problems.

If you have pain, realize your body is communicating that something is out of balance. **Pursue answers.** I finally found a doctor who loves to uncover what other doctors can't, and he just kept looking at different possibilities until he found the answer.

You also might want to consider a gluten free, and anti-inflammatory diet. Getting tested for food allergies, also could be helpful.



- WORRY -

What is it that you worry about at night? Your kids? Your finances? Your health? Worry can consume our thoughts, unless we bring those thoughts captive, and replace them with positive thoughts and truths.

- If you struggle with worry, read through the lists below.
- Highlight the points that stand out to you.

Truths About Worry:

Worry takes your thoughts captive.

Worry is a behavior of your mind.

Worry is a mental state you actively or passively accept.

Worry is a sin because it shows a lack of faith in God.

Worry accomplishes nothing. (Matthew 6:27)

Worry is a learned behavior; so is faith.

Anything big enough to worry about is big enough to pray about.

How We Get In A Rut of Worry:

Trying to fix everything

Living on adrenaline

Not recognizing stress

No pace

No margin of free time in schedule

No contentment/simplicity

No balance

No rest

* The lists above are from Paul Chappell's *Stewarding Life Planner*



Intentional Living



- Choose three of the specific actions below to implement in order to defeat worry in your life!

Actions To Defeat Worry

- ☐ Renew your mind through Scripture.
- ☐ Write/Copy Scripture.
- ☐ Memorize Scripture.
- ☐ Turn every worry into a prayer.
- ☐ Slow down your thinking.
- ☐ Choose to sit at Jesus' feet.
- ☐ Live with contentment.
- ☐ Keep a gratitude list.
- ☐ Think on that which is lovely, pure, and true. (Philippians 4:8)
- ☐ Listen to Godly music.

* The lists above are from Paul Chappell's *Stewarding Life Planner*



- ADRENAL FATIGUE -

When you push your body, keep it going when you are fatigued, or continue to live with a lot of stress, or not enough sleep, your adrenal glands become stressed. They begin to produce small amounts of energy in the form of cortisol and adrenaline.

When our adrenal glands are constantly required to maintain high cortisol levels, they eventually become fatigued, which not only affects our body's response to stress, but also our adrenals' ability to produce and balance other hormones.

Some of the symptoms of adrenal fatigue are:

Blood pressure: High or low blood pressure. Low blood pressure can often have the symptom of lightheadedness associated with it.

Food cravings and weight changes: Strong cravings for salty or sugary foods and abnormal weight gain, especially in the abdomen.

Energy: A combination of ongoing fatigue, lack of stamina, yet tired and wired much of the time.

Emotions and coping ability: Easily stressed and overwhelmed.

Thinking: Brain fog, and inability to stay focused.

Immune response: Frequent infections, and slow recovery time.

Sleep: Difficulty falling asleep or staying asleep; sleeping well but waking up exhausted.

Hormones/Libido: Severe PMS or low libido.



If several of the above symptoms describe you, consider **clicking the blue links to go through the following online symptom checkers** to assess the health of your adrenals:

[75 Characteristic Adrenal Fatigue Symptoms](#)

[Adrenal Health Risk Assessment](#)

If you believe you have adrenal fatigue, I highly recommend you click the blue link to get one of these books ASAP. They are both full of practical information to help you begin taking steps to strengthen and heal your adrenals.

[*Adrenal Fatigue: The 21st Century Stress Syndrome*](#)

[*Goodbye - Adrenal Fatigue!*](#)

I have had adrenal fatigue for quite some time, as it takes years to completely heal them. I have learned the importance of knowing and listening to my body! When I am suddenly hit with a wall of fatigue and get shaky, my body is telling me to rest. (This helps me go to bed on time --my body kind of shuts down and makes me!)

I have also learned what types of things stress my adrenals, and that I need to get extra rest for about a week after they have been stressed.

Learn to listen to your body!



REGARDING SLOWING DOWN & STRESS:

If you are a driven person, you may find it very hard to slow down, even though you know that your busy life is causing you stress.

A driven person must always be doing something; they love the feeling of accomplishment. It's hard for them to relax and be still. They are often busy doing the wrong things, as activity isn't always productivity; we can have a full schedule of unproductive activities. Sometimes a driven person is unconsciously trying to prove something to themselves or to others.

If you are a driven person, it is essential for you to remember what your priorities should be as a Christian:

- Your relationship with God
- Your husband
- Your kids
- Your home
- Your outside ministry

When making decisions about what needs to stay in your schedule, and what needs to go in order to create more margin in your life, ask yourself, and God, if your activities help to further your goals, or if they keep you from accomplishing them. Often we get frustrated and stressed about not accomplishing certain things, only to realize that they aren't even on our list of priorities, thus, really don't matter.

If you believe you are a driven person, take this challenge:

- Make a list of the things that you are discouraged about, or that frustrate you.
- Make a second list of your priorities and goals.
- Compare the two lists to see which things really matter, and act on those, while intentionally choosing to let the other things go.



Are you stressed?

When I find myself struggling with stress, I like to remember the biblical story of Mary and Martha. Often I am just like Martha - I am worried and troubled, and busy with many things, while neglecting the one thing that will give me peace and direction.

If you tend to be stressed often, here are some lists of practical thoughts and tips to help you.

Truths Regarding Stress

- Response to stress is a learned behavior.
- Stress is often the result of overextension.
- Guilt is often a result of over-commitment.
- Laughter and anxiety cannot co-exist.
- Stress hinders creativity.
- Remember, you won't finish everything today.
- The answer to overload is not trying harder, but to live in a more vital awareness of God's grace.
- Choose joy.
- Write your blessings.

Stress Prevention

- Set boundaries.
- Resolve conflicts quickly.
- Take care of unpleasant tasks.
- Maintain open relationships.
- Learn to say "no."
- Don't make major decisions while under stress.

* List provided by Paul Chappell's *Stewarding Life Planner*



Redefining Rest

- Rest is a divine activity; enjoy the journey.
- Rest is not activities.
- Rest is God's plan.
- Rest takes time.

How To Be Refreshed By Resisting Overload

- Know your limits.
- Don't over-schedule.
- The moment you are reaching your limit, stop!
- Take breaks during your work day.
- Practice daily relaxing techniques.

Practical Action Steps to Deal With Stress

- Write a gratitude list.
- Pray.
- Meditate on God's Word.
- Say "no" to pressure.
- Remember that Christ has brought you through before.
- Confront fear; write worry down.
- Un-trouble your mind before sleep.
- Focus on the needs of others.
- Avoid caffeine.
- Add humor.
- Rest.
- Control email/phone - unplug.
- Take a nap.
- Simplify your schedule.

* Lists provided by Paul Chappell's *Stewarding Life Planner*



If you struggle with chronic stress, below are 12 practical steps to help you.

12 Steps to Overcoming Chronic Stress

1. Claim strength in Christ.
2. Have faith in the power Christ gives.
3. Take control of fear.
4. Drop the "what ifs."
5. Overcome passivity.
6. Learn - become more proficient.
7. Don't be demoralized; be forgiving of self.
8. Don't let problems dominate your life.
9. Refuse self-pity.
10. When anxieties come, tell yourself you will wait until they pass.
11. Get support - have a team approach for help.
12. Never give up.

➤ Choose some of the action steps from the list above to deal with stress in your life. List your choices below:

* Steps adapted from Archibald Hart's *The Anxiety Cure*

Module 2

APPENDIX



Health Tracker

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Pray About Health																					
Diet Improvements																					
Water: # of ounces																					
No Pop																					
Menu Plan																					
Exercise																					
To Bed on Time																					
Self-Discipline																					
Self-Renewal																					