

# *Soul Health* for Moms: 26 Ways to Nourish Your Soul



- A - ASK FOR HELP
- B - BEGIN EACH DAY WITH GOD
- C - AVOID THE COMPARISON TRAP
- D - DEVELOP A LIFESTYLE OF BLESSING OTHERS
- E - ESTABLISH A PLAN FOR YOUR SOUL'S NOURISHMENT
- F - FILL YOUR HOME AND YOUR MIND WITH GOD'S WORD
- G - PRACTICE GRATITUDE
- H - HOLD IN RESPECT THE VALUE OF ACCOUNTABILITY
- I - INVEST TIME AND ENERGY INTO YOUR MARRIAGE
- J - CHOOSE TO BE JOYFUL
- K - KEEP GOD #1
- L - LISTEN TO A PODCAST OR SERMON
- M - MOVE YOUR BODY
- N - TAKE A NAP
- O - OVERTAKE NEGATIVE THOUGHTS BY SPEAKING GOD'S TRUTH TO YOURSELF
- P - PRAY
- Q - QUIT TRYING TO GO IT ALONE
- R - READ THE BIBLE
- S - SET ASIDE SOME TIME FOR SILENCE AND SOLITUDE
- T - TURN UP THE PRAISE AND WORSHIP MUSIC
- U - UTTER, ALOUD
- V - VOLUNTEER
- W - GO FOR A WALK
- X - EXAMINE YOUR MOTIVES
- Y - YIELD YOUR PERFECTIONISTIC TENDENCIES
- Z - ZAP THE AMOUNT OF TIME SPENT ON SOCIAL MEDIA