

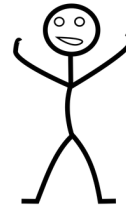
Continue the peace self-care

Minute Self-care Ideas

- Tighten your muscles and then relax them.
- Shake gently from head to toe.
- Do a few neck rolls.
- Sip tea.
- Nibble a square of dark chocolate or have a cup of dark hot cocoa.
- Have a teaspoon of honey.
- Read a favorite Psalm and draw an image from the words.
- Take ten slow breathes.
- Close your eyes for a few minutes.
- Do any muscle relaxation of tightening and loosening muscles.
- Stretch your legs behind you and then to the front.
- Take a ten-minute power nap.
- Thank God for three blessings and write them down or journal about them.

Self-care check list

- Have I prayed and read the Bible or a devotion?
- Am I rested from sleep
- Am I rested from electronics?
- Have I eaten veggies, fruits, grains, and proteins?
- Am I hydrated?
- Have I stretched and relaxed my body?
- Have I thanked God for at least three blessings?
- Have I taken a walk or exercised?
- Cuddle up with someone or a stuffed animal.
- Try some refrigerator spa ingredients (below) for beauty or to improve a problem.



Refrigerator Spa Ingredients

1. Mix about ¼ teaspoon each Brown Sugar and Olive Oil in palm of hand, then gently rub a dab on your kisser to **Exfoliate Lips**.
2. Spread some **Banana Baby Food** directly out of the jar under your eyes. Leave on for about 10 minutes and wash off. This helps **Rid Dark Under-eye Circles**.
3. Rub **Minced Garlic** on your nails and then put on some disposable gloves and leave gloves on for about 30 minutes to help **Strengthen Nails**.
4. Pour 1/3 cup of **Oatmeal** into the foot part of a used nylon knee-high, and tie in a knot. Toss into warm bath water to **Soothe Sensitive Skin**.
5. To **Relieve Aching Feet** after a lot of walking or standing, dissolve ½ a cup of **Epsom Salt** into ankle deep water in a tub and soak your tootsies for 20 minutes.

6. Rub 1/8 teaspoon each of **Cocoa Butter** and **Honey** in your palm and rub it on your lips for a yummy **Lip Balm**.
7. Want to **Tighten Pores and Cleanse Skin**? Spread **Plain Yogurt** on your face, and wash it off after 10 minutes.
8. Don't put up with puffiness when you can **Relieve Swollen Eyes**! Slice a raw **Potato** into a couple of thin slices, then shut your eyes and place the potato slices on them for about 10 minutes.
9. **Nourish Hair** by applying a mixture of ½ cup of **Mayonnaise** and 3 tablespoons of **Honey**. Start at the end of hair, work toward the roots. Leave in for 15 to 30 minutes before shampooing.
10. Use a weekly **Avocado** and **Yogurt** facial mask to **Relieve Dry Skin** (see recipe earlier in the chapter).
11. Get a **Healthy Glow** by mixing used **Coffee Grounds** with a little warm water and rubbing in light circular motions on your face. Rinse off after about a minute.
12. Heat some fresh **Rosemary** in a pan of **Water** (use rainwater if possible), just enough to cover the herb, and simmer for 10 minutes. Strain so you end up with just scented water. Use as a **Hair Rinse** after you shampoo and condition to give it a healthy shine.
13. **Soften Eyebrows** by using a cotton swab to dab on a little **Caster Oil**.
14. Soak a cotton ball with **Apple Cider Vinegar**, then swipe on clean face for a refreshing **Skin Toner**.
15. Mix ½ a cup of **Sea Salt** with ¼ cup of **Baby Oil**. Put it into a covered container to sit for 24 hours. Massage this homemade **Skin Softener** onto rough skin areas, then shower off.

Beat the Heat with Tea Scented Spritz

What you need:

- 2 green tea bags
- 2 chamomile tea bags Medium pot of warm water

What to do:

- 1 . Steep tea bags in warm water three minutes.
- 2 . Pour some of the water into a spritz bottle.



Inner peace

- Reduce stress
- Rely on God
- Rejoice daily