SELF-CARE FOR A SUSTAINABLE LIFE ON MISSION

JESUS DOES NOT WANT YOU TO BURN OUT!

JANICE MCWILLIAMS, MDIV, LCPC



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WHY SELF-CARE ISN'T WORKING

JESUS' MODEL

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HIGH LEVERAGE REALMS FOR SOUL-RESTORING SELF-CARE

COOK UP SOME GOOD HORMONE SOUP!





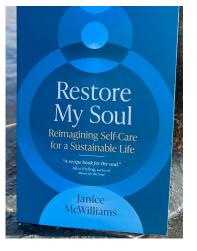
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WANT MORE? DOWNLOAD THE JESUS-STYLE SELF-CARE RESOURCE

- 3 ways Jesus models the kind of self-care WE need
- 50 ideas you can choose from that you can begin doing TODAY
- More on the four critical realms of self-care that you need to experience NOW





WANT MORE? <u>RESTORE MY SOUL: REIMAGINING</u> <u>SELF-CARE FOR A SUSTAINABLE LIFE</u>

- On sale NOW at the Urbana bookstore
- 23 soul-restoring skills that you can apply TODAY
- Expands on the FOUR CRITICAL realms of soulrestoring self-care
- Full of stories and humor to keep you engaged!

