

Christ Church @ Home
living well in Lockdown
some holy habits for this season



1. Stay connected

- Talk to others daily by phone/social media
- Say how you are being affected/ feeling
- Connect to God, pour your heart out
- Go for walks, keep social distancing

2. Build structure into your day

- Set meal times
- Daily exercise
- Bible study
- Limit time on social media / following news/ only get information from a reliable source

3. Get back a sense of control

- Make a list of what you do and do not have control of
- Take a look at what you do not have control of and surrender it to God
- Look at the things you can control, acknowledge them to yourself and practice them e.g. clean and organise
- Jobs you have put off but have time for now
- Study
- Learn a new skill

4. Express your competency

- Do things you are good at, that give you a sense of achievement

5. Be mindful of your thoughts and feelings

- Watch them go by in your mind's eye but do not grab onto them
- Don't get into imaginings i.e. worst-case scenarios. Deal with the real stuff in your life
- Stay in the now.

6. Exercise and laugh

- Breathe and relax

7. Put what is happening into the perspective of the bigger picture/ a longer timeline.

- i.e. it will end, and life will resume again.

8. Be aware that old issues can be triggered

- Limit worry time, you can schedule it into your day e.g. 10 minutes and no more. Write it out/ journal
- Talk to others too.

9. Practice gratitude

- Express it: journal/ out loud to self to others in appreciation of them.

10. Remember other difficult times and how you have coped and got through it.

- Reassure yourself you can cope

11. Remember life is a gift from God and he is ultimately in charge.

- Read scripture
- Pray

