



What's Most Important?

When life is happening like a whirlwind it's important to keep to the essentials. This will not only keep stress to a minimum but it will also help you be able to get a grip on your responsibilities and have an easier time returning to your happy self and your normal day to day life. Start with this short list of items to gain a grasp on your day to day duties.

- Say your prayers! God's blessings will come to you when you give Him his due. Also, bear in mind that His blessings come in various forms. <3**
- Daily Laundry Washing - Washing and drying is necessary, folding and putting away is not. I do suggest keeping the clean laundry in an isolated area that isn't right in the middle of your living area. Clutter creates chaos so keep your main areas clear as much as you can though. Once you feel up to it you can fold ten items here and there until you're caught up.**
- Cook Simple Meals - Healthy and basic, not extravagant. And, don't be afraid to use paper. It helps with cleanup immensely.**
- Shower/Dress - To feel better emotionally you must treat your body with respect and care for it properly. Shower and dress as if you have company coming over. You need to respect yourself as much as you respect your friends.**
- Get Some Fresh Air - It doesn't need to be much. Fifteen minutes will do wonders for you.**
- Take Your Vitamins - Our bodies need nourishment to work properly. Today's food doesn't have everything we need anymore. Supplements and whole foods are our friends during this time of emotional imbalance.**
- Drink 5-8 Glasses Of Water A Day - Our bodies need lubrication to work properly and stay cleansed. Without it the poisons build up and cause sickness, mental and physical. And no, coffee doesn't count towards your water allowance. ;)**
- Extra Bonus Task: If you are feeling up to it, gather together one grocery sack full of items to either donate to a second hand store or to throw away. Do this daily, if possible, and in a very short time you will feel the difference. You will feel lighter and emotionally free eliminating some of the chaos of extra 'stuff'.**