THINGS TO DO DURING CORONA

During HOH Empowerment Sunday a couple of weeks ago, the Lord impressed upon our heart through our leader that He was after our time. He desires more time from us. Therefore, we wanted to encourage you to maximize as much of your time as possible during this pandemic. Here are some recommended items for you to do to use your time wisely and organize your day well.

**Spiritual**

- Pray
- Read
- Fast
- Worship

**Natural**

- Rest: go to bed at a reasonable hour. Strive for 7-8 hours asleep per night.
- Have fun
- Enjoy a few movies/tv shows
- Stay abreast of current events

**Mind**

- Read a book
- Declutter your thoughts and enter into rest
- Meditate

**Emotions**

- Remain calm; don’t panic
- Participate in activities/hobbies that bring you peace
Physical

- Make sure you move and do some exercise
- Get a little air; walk to the mailbox or around the block
- Drink plenty of water; eat plenty of fruit and vegetables

Purpose/Goals

- Set an action plan with timelines and allocate time for the remainder of the calendar year
- Take the first couple of steps toward fulfillment of goals
- Identify and/or sharpen your gifts

Relationships

- Check on loved ones
- Reconnect with people through writing or through phone
- Forgive someone or resolve a conflict

Career

- Apply for a new job
- Prepare differently for your current one. How can I maximize myself or enhance my skill set?
- Update your resume
- Continue with education toward your career path

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