

# Healthy Self Equals Healthy Relationships

How returning to Joy helps us reconnect  
with ourselves and others.



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In Genesis 21:6 Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me."

Sarah says this after having her son Isaac. You see, she was at an age when she had lost hope that she would ever give birth. But in this passage, we learn Sarah's laughter.

Sarah began by laughing in disbelief when God told her that she would have a baby and then was moved to laughing in JOY when she experienced God's provision.

Can you close your eyes and image the sound of that laughter? I hear it as the beginning of a little giggle that begins in the belly and spreads. That small giggle becomes bigger and stronger and turns into a laugh seems like it won't stop. It reflects pure joy.

This is the type of JOY that we want to hold onto in life. Joy that keeps us healthy so we can connect to God and others.

# Story Time

# JOY.

**It helps us  
connect with  
others while  
keeping us  
internally  
grounded  
in a place of  
contentment  
and peace.**

How do we recapture the joy that helps us thrive? We can start by shifting our thinking so that we begin to care for ourselves. Too often, we believe that self-care is selfish, but that is not what Jesus taught.

# Joy disruptors

Busy schedules

# Joy providers

**Rest is important**

Both passages show that Jesus rested – even when there were storms and people had needs! Jesus modeled the value of rest.

*"Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray."*

- Matthew 14:22

*"And when he got into the boat, the disciples followed him. And behold, there was a great storm on the sea, so that the boat was being swamped by waves, but he was asleep."*

- Matthew 9:23

Lack of self-care

**You Matter**

This passage is built on the premise that when we care for others, we are already practiced at caring for ourselves.

*"Love your neighbor as yourself."*

- Luke 10:27

Unhealthy boundaries  
in relationship

**Community empowers**

When we meet with others, we find support and connection. We are created for relationship. Part of caring for ourselves is understanding and finding ways to meet our relationship needs.

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together but encouraging one another."*

- Hebrews 10:24-25

Not making time for God

**Prayer helps**

Jesus models taking time alone to pray and connect with God.

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."*

- Mark 1:35

Caring well for ourselves allows us to have the emotional capacity and physical energy to care for others. An important step is to create a self-care plan that contains two categories:

## SELF-CARE ACTIVITIES

*(these take more time):*

Working out, going for a walk, spending with friends, engaging in a hobby, taking class, being in nature, reading a book, going to church, going to a concert, visiting a museum, journaling, take a nap

## MICRO SELF-CARE ACTIVITIES

*(these only take a few minutes and can be used throughout the day):*

Be mindful of the good in your surroundings, take a moment to think of something that you are thankful for, when something positive happens hold onto that feeling for a few moments, take deep, lung-filling breaths, say a prayer, listen your favorite song

# Stress + Burnout $\neq$ Joy

Start at zero and subtract one for each of these indicators that it's time for some self-care.

- |  |   |
|--|---|
| <input type="radio"/> Stress                   | <input type="radio"/> Burnout                       |
| <input type="radio"/> Disrupted Sleep          | <input type="radio"/> Disengagement                 |
| <input type="radio"/> Over-active emotions     | <input type="radio"/> Blunted (flat, dull) emotions |
| <input type="radio"/> Urgency or hyperactivity | <input type="radio"/> Helplessness and hopelessness |
| <input type="radio"/> Loss of energy           | <input type="radio"/> Loss of motivation            |
| <input type="radio"/> Anxiety                  | <input type="radio"/> Detachment and depression     |
| <input type="radio"/> Tension                  | <input type="radio"/> Fatigue                       |

**Total** \_\_\_\_\_



**I need to schedule some self-care**

# Tips to Remember

One tip to remember is that **your self-care routine can match your personality**. If you are introverted, then you will recharge best by engaging in activities that allow you to have some personal space. If you are extroverted, then recharging time will likely include engaging with others.

Make sure that your self-care list is at least 5 resources deep. Sometimes what helped you recharge yesterday won't work as well today, so it's important to have other options ready.

**As you learn to care well for yourself, you will increase your patience, peace, kindness, and JOY!**



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## NEW SERIES

Love  
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 $1+1+1=1$

Plan Your Visit

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In this five-part series, we unpack the A-to-Z of relationships – from our core need for intimacy, how to be a great friend and to how to fight fair.

And how will we do it? Math, my friends. Elementary, God-given mathematics. Some say that a picture says a thousand words. We disagree. Variables do.

**April 7 - May 5**

**WFC Lenexa:** 8:15, 9:30, 11 a  
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**WFC Speedway:** 9:30, 11 a  
3001 N. 115th St. Kansas City, KS

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