

## Replenishing on Busy Days

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Where can we find good sources for energy replenishment? Here are a few “refreshers” for any season of activity.

\*Take a time out. Go to a quiet place if only for a few moments. Even a trip to the bathroom for a few minutes can give a busy host or hostess a break. For a real time out, find a prayer place where you can share with God precisely how you are and what you need. People who give and give sometimes neglect to ask God for what they need.

\*Tell loved ones who might be complaining or asking something of you at a time when you are overwhelmed: “This is not a good time. We can come back to this later.”

\*Ask yourself when worrying about “the next thing” if this thing will matter in one month or five years.

\*You may ask yourself or loved ones for a “do over.” If things start to slide downhill in a conversation, plan, or activity, declare a “Do Over.” Let’s stop, pray, and begin again.

\*Remember, it takes courage to be imperfect! It is the effort and relationship people remember, not perfection.

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