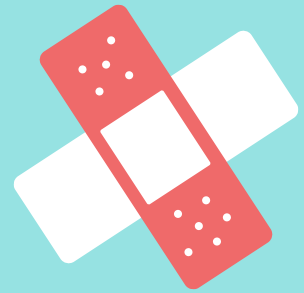


COMBAT EMPATHY FATIGUE



Galatians 6:9-10 (NIV) Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.



1 SEEK SUPPORT FROM FRIENDS, FAMILY OR CO-WORKS

2 FIND MARGIN IN YOUR DAY AND WEEK

3 GET ENOUGH SLEEP

4 EAT HEALTHY

5 MAINTAIN PHYSICAL ACTIVITY

6 SEEK JOY

7 FIND WAYS TO LAUGH

8 SEEK GOD DAILY



Matthew 11:28 (NIV)
“Come to me, all you who are weary and burdened, and I will give you rest.”

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