

SEPTEMBER

A Wellness Check as You Return to School

Dear Lord,

Guide me ...

- To check what is being asked of me and know what I can do.
- To commit to things and see them through.
- To prioritise my time and pursue a hobby.
- To develop a good routine as I prepare for sleep.
- To be aware of how food and exercise affect how I feel.

Guide me ...

- To create more fun and to think positively.
- To devise a relaxation plan and learn that to say **NO** is sometimes okay.
- To have something to look forward to and make work part of my life, not all of it.
- To take regular mini-breaks and cultivate confidence so that I can be the best that I can be.

Amen.

*You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, 'My refuge and my fortress;
my God, in whom I trust.'*

PSALM 91:1-2