**Looking after ourselves 1**

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THOUGHT FOR THE DAY

**This Thought for the Day has been written by 13S.**

Are you someone who knows how to take care of themselves? Taking care of ourselves physically consists of eating healthy and exercising regularly. Taking care of ourselves mentally consists of having a positive attitude which leads to having a better emotional stance as it helps us be happier. Also having a positive view of ourselves. Meditation is a common way people can achieve good mental health as it allows them to order their thoughts, or even simple activities such as going for a run or having a bath allowing us to think things through.

Looking after ourselves spiritually involves having faith, or getting involved in spiritual activities such as going to church, mosque, and bible studies or through simple prayer. In the bible we are told that our bodies are a temple of God, therefore we must look after ourselves and do all we can to ensure we are in good health.

It is important that we look after ourselves physically, mentally and spiritually as it allows us to perform better in our everyday lives. It is also important so we can look after others around us.

**For Reflection**:

* **Why is it necessary that we take care of ourselves and others around us?**
* **Can you think of a time where you could’ve helped someone but you chose not to? Why?**

**Prayer:**

**Loving God we thank you for all that you have given us and all that is to come. We pray that you help us through our hard times and give us the ability to maintain good health to continue at our best through our everyday lives. We pray that you help us help others and give us the strength to continue in everything we do. In Jesus’ name, Amen.**