

Rest for our Restlessness!



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Secrets of Wellness

Burnout is a costly reality that seems to be a part of modern life. But this burdensome problem is wholly preventable. Some simple measures

can help you to avoid it. Take regular breaks every two hours, if possible. This increases your efficacy. Maintain a regular sleeping pattern of 7-8 hours daily, avoiding stress, arguments and heavy meals before going to bed. Every Sabbath day is a gift of time for relationships with our fellow human beings and God. Enjoy this weekly rest!

Treat also yourself to a regular holiday where you are not available and can charge your “batteries”. Plan your recovery times deliberately. Thus you will be able to master challenges and endure them in the long run. ♥

You can start today!

