

The Casserole Bite #9

3/29/22

EAT GOOD. SLEEP GOOD. AND WRAP

In the early days of my recovery, an old-timer asked if I knew the first two laws of sobriety. I was befuddled for a few moments, then the old guy said, “Eat good. Sleep good.”



Of course, sound self-care is much more than eating and sleeping well, though they are certainly critical. Recently, in a team meeting at Messiah, Ralston we were asked “What is your self-care plan?” I had more to say this time. Still, as others spoke, it became clear there were many gaps in my self-care plan. I had never thought it through.

One of Christianity’s foundational laws is “Love your neighbor as you love yourself.” Good self-care is half of this law. Other faiths have similar exhortations to self-care. In the Messiah meeting, we were only talking about ordinary days. We didn’t get into those times of intense emotions like hurt, anxiety, or grief nor did we discuss the challenges of personal or professional conflict.

I need help in the area of self-care which is why I have registered for the **WRAP** training (**W**ellness **R**ecovery **A**ction **P**lanning) in May. Faith Partners and Region 5 Prevention Systems are sponsoring two **FREE 8-hour training experiences** in **WRAP**. Fridays, May 6 and 20 from 12:30-4:30 or Saturday, May 7 from 8:30-5:00 at Eastridge Presbyterian, 56th & Margo in Lincoln.

To register click on the link or snap the QR Code or email OttaBSchultz@outlook.com

2 Friday afternoons:

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwheadcab7050f9>



Saturday All Day:

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhead5efd4e5>

