

VIBRANT LIFE MINISTRY

Staying Healthy ...

By Dr. Magda Czegledi

While there are many things we can't control during this outbreak, each of us can be, and we need to be, intentional about caring for our spirit, soul and body! In the following article I have shared some suggestions and ideas about how you can maximize your health and the health of your family members at this time.

Your Spirit

Nourish your spirit by reading the Word, meditating on it and praying. Consider fellowshipping with other believers in some online form, or just be old-fashioned and phone someone!

Your Soul

It's critical to think about what we think about, since what we focus on we amplify! Rather than watching yet another Youtube video on the pandemic, use the time to write down three things you're thankful for or meditate on how the Lord has been faithful in your life in the past. Of course, this will take more effort, and may even be difficult – which is why Scripture talks about the *sacrifice* of thanksgiving. (Psalm 116:17)

A couple of years ago I found the book *Choosing Gratitude* (by Nancy Leigh DeMoss) in the RMCC bookstore. What an awesome resource! You can find some videos by this author at: <https://www.reviveourhearts.com/deeply-rooted/>.

Don't fixate on the negative. *Limit your time* following the news on social media and television. Find things to laugh about since Scripture tells us 'A merry heart does good, like medicine.' (Proverbs 17:22) A few ideas include researching funny animal videos on YouTube, enjoying Christian comedians or finding some humor in the day-to-day's of life.

Being at home does not have to be boring! Consider changing your perspective to, "Now I can do what I always wished I had time for!"

For example:

- Do a Bible study or read books and articles by Christian authors.
- Reach out to others – organize a Skype coffee chat or virtual Bible study.
- Organize your environment: go through your photos; clean out closets and drawers; clear out your emails; clean up all those apps and folders on your mobile devices/computers.
- Pick up that musical instrument you have at home and play!
- Learn a language.
- Color/draw/paint.

Your Body

Lastly, don't forget to care for your body. Exposure to the virus is not the only element we should be concerned about; doing what you can to increase your immune system's capability of overcoming it is key.

To boost your immunity:

- Eat lots of fruits and vegetables and choose whole foods rather than processed.
- Hydrate with plenty of water. Avoid sugary drinks - *including fruit juice*. It may have some vitamins, but it's also liquid sugar - with none of the fiber of whole fruit to slow absorption - and will make blood sugars soar. Think of what diabetics with low blood sugar are given - orange juice!!
- Sleep is critical, aim for 8 hours of sleep every day!
- Supplements: vitamin C (2,000 mg a day or more) and vitamin D (4,000 IU a day) can help your body fight infections better.

- EXERCISE!! Weather permitting, get out for a walk. Use that piece of equipment sitting in your basement (try watching a video or listening to an archived message while working out). Or, find something online like Zumba or this walking video <https://www.youtube.com/watch?v=kqaNUjTR70A> .
(To keep motivation up, pair up with an accountability buddy or log your daily/weekly minutes on a calendar to track your progress.)

SPECIAL NOTE: What to do with kids at home

First and foremost, kids do best with routines and schedules. Without the regularity of school, parents will need to create that structure.

Make calendars and daily schedules and have kids participate so they are invested in the process. Besides having some regular time for learning, get them involved with preparing meals, making a video to send to family or friends, or creating a themed evening (like an indoor campfire evening with skits or singing).

The following are models of various schedule and routine charts. (NOTE: these are from secular sources, so use discernment to choose.)

[Customizable routine charts](#)
[Printable Charts from Priceless Parenting](#)
[Printable Daily Schedules on Pinterest](#)

For more information ...

Please feel free to contact Dr. Magda at the email below. She is available via Skype and Facetime for one on one peer support.

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