

Nourishment for our Nervous Systems

Which commandment is the greatest?

*Jesus answered, "Love the Lord your God with all your **heart**, with all your **soul**, and with all your **mind**. This is the greatest and most important commandment. The second is like it: Love your neighbour as you love yourself."*

Adapted from Luke 10:24

By nourishing our nervous systems during this time of heightened stress, we tap into a sense of safety and calm so we can more fully give and receive love- to ourselves, God, and our neighbours. Caring for ourselves helps us to care for others.

As you regulate your own nervous system and tap into the calm that God has created you to have, your calm state will help your children co-regulate to a calmer place. It's a beautiful picture of how we can spread the Grace of God without words to our children.

xo

Angela

Caregiver Colouring Pages

This is a resource for you, as a caregiver, created by "LifeTree: Everyday Faith", to centre yourself on Christ, and calm your nervous system. You can even have kids simply colour alongside you and benefit from the calm. Here's an intro...

Jesus Has Given You His Name

"It's time to pause, relax, breathe, and rest a little. It's time to empty your mind of racing thoughts, worries, and a never-ending to-do list and to fill your heart and your mind with color and creativity and peace. While you're doing this, it's also time to ask Jesus one of the most important questions you'll ever ask: "Jesus, who do you say I am?" Then listen for his response. With each new stroke of color, listen to him speak to you about who he's created you to be. New. Growing. Free. Friend..."

Click here to download the pdf of the meditative reflections and colouring pages.

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