



## PARTICIPANT HANDOUT

### Three Key Strategies for RESToration

#### *Why am I weary?* NOTES

- 
- 
- 
- 
- 
- 

#### Cultivate SERENITY

#### SERENITY NOTES:

- 
- 
- 
- 
- 
- 

Sarah Joy Covey ~ Registered Psychotherapist & Clinical Director

*A New Leaf: Resources for Growth*

21 B Queen Street West, Elmvale, ON L0L 1P0

info@sarahjoycovey.com

www.sarahjoycovey.com

**SERENITY SCRIPTURE:**

You keep him in perfect peace  
whose mind is stayed on you,  
because he trusts in you. Isaiah 26:3 (ESV)

**SERENITY STRATEGIES:**

**1. Redirect your Mindset:**

- Next Right Thing
- Intentional Attention

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, *think about these things*. Phil 4:8 (ESV)

**2. Start a Simple Prayer Practice:**

- Breath Prayers: Name of God (inhale) + expression of need (exhale)
- Serenity Prayer (full version by Theologian Reinhold Neibuhr):

God, give us grace to accept with serenity the things that cannot be changed,  
Courage to change the things which should be changed,  
and the Wisdom to distinguish the one from the other.  
Living one day at a time, enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did, this sinful world as it is, not as I would have it,  
Trusting that You will make all things right, if I surrender to Your will,  
So that I may be reasonably happy in this life  
And supremely happy with You forever in the next.  
*Amen.*

**Sarah Joy Covey ~ Registered Psychotherapist & Clinical Director**

***A New Leaf: Resources for Growth***

21 B Queen Street West, Elmvale, ON L0L 1P0

info@sarahjoycovey.com

www.sarahjoycovey.com

## Practice SABBATH

### SABBATH NOTES:

- 
- 
- 
- 
- 
- 

### SABBATH SCRIPTURE:

“Come to me, all you who are weary and burdened, and I will give you rest.”  
Matthew 11:28 (NIV)

### SABBATH STRATEGIES:

- **Honour the Rhythm**
  - How can you move closer to a sabbath rhythm in your life?
  - What barriers stand in the way of you entering into God’s gift of rest?
- **Evaluate the Deficit**
  - What KIND of rest do you need?
  - *Sacred Rest* by Dr. Saundra Dalton-Smith outlines physical, mental, spiritual, emotional, social, sensory, & creative rest
  - Take the free quiz and access some helpful resources:  
<https://ichoosemybestlife.com/resources/>

**Sarah Joy Covey** ~ Registered Psychotherapist & Clinical Director

*A New Leaf: Resources for Growth*

21 B Queen Street West, Elmvale, ON L0L 1P0

info@sarahjoycovey.com

www.sarahjoycovey.com

## Remember SELF-CARE

### SELF-CARE NOTES:

- 
- 
- 
- 
- 
- 

### SELF-CARE SCRIPTURE:

And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. Mark 6:31 (ESV)

### SELF-CARE STRATEGIES:

- **Balance your Breath**
  - Inhale: What is filling and replenishing my energy and strength?
  - Exhale: What am I doing to invest and give of myself to others?
- **Practice Self-Compassion**
  - Ask yourself what you would say to a friend that you love who is experiencing the fatigue that you are facing?
  - How might you encourage them or provide validation or support?
  - Apply that same care to yourself and take your own advice.

## CLOSING THOUGHTS:

- *It's a marathon, not a sprint!*
- *Compassionate care of yourself leads to compassionate care of others!*
- *“[Practice] strength for today and bright hope for tomorrow” (Thomas O. Chisholm)*
- *Don't be afraid to ask for help!*

**Sarah Joy Covey** ~ Registered Psychotherapist & Clinical Director

*A New Leaf: Resources for Growth*

21 B Queen Street West, Elmvale, ON L0L 1P0

info@sarahjoycovey.com

www.sarahjoycovey.com