Self-Care Plan for Feeling Tired

Resting in God's Love, Renewing Your Strength

A CHRISTIAN FREE DOWNLOAD

Introduction

Tiredness isn't failure. It is a signal that you are human, limited, and in need of care.

God does not shame you for needing rest. He meets you with love, compassion, and wisdom.

This plan is an invitation to pause, notice what your body and soul may need, and receive care one gentle step at a time.

You do not have to earn God's love by pushing past your limits.

Use this guide prayerfully and gently. It is not a substitute for medical care, professional counseling, or emergency support.

Today I'm noticing...

1. Begin with Prayer

Father, thank You that Your love for me is unconditional. I do not have to prove my worth or perform to be held by You. Please give me wisdom to recognize what I need today and courage to receive rest without guilt. Teach me to come to You when I am weary, to release what I cannot carry, and to trust Your care one day at a time. Help me make faithful choices for my body, mind, and spirit. Amen.

Matthew 11:28–30 — reflect on Jesus' invitation to the weary; do not print the passage.

2. Gently Evaluate What May Be Draining You

- [ ] **Sleep** — Have I had enough consistent rest?
- [ ] **Workload** — Am I carrying more tasks than I can reasonably hold?
- [ ] **Food and water** — Have I been nourished and hydrated?
- [ ] **Grief** — Is sadness, loss, or disappointment taking energy?
- [ ] **Stress** — Is ongoing pressure keeping my body on alert?
- [ ] **Illness** — Could a physical or mental health concern be contributing?

If tiredness is severe, persistent, sudden, or concerning, consider speaking with a qualified healthcare professional.

What stands out to me?

3. Offer Your Body Gentle Care

- [ ] **Sleep —** Protect a reasonable bedtime and a slower evening.
- [ ] **Hydration —** Keep water nearby and take small, regular sips.
- [ ] **Meals —** Choose simple, nourishing food when possible.
- [ ] **Bath or shower —** Let warm water become a small act of comfort.
- [ ] **Gentle nature walk —** If appropriate for your health, take a short, unhurried walk and notice light, air, and living things.

Small care is still care. Choose what is realistic today.

4. Receive Help from Others

- [ ] **Prayer —** Ask a trusted person to pray with or for you.
- [ ] **Practical support —** Consider a meal, errand, ride, childcare, or shared task.
- [ ] **Counseling —** A qualified counselor can offer a safe place to process stress, grief, or overwhelm.



One person I could contact: _____



The kind of support I could request: _____

5. Reschedule Responsibilities

When energy is limited, people matter more than projects.
Reschedule what can wait. Shorten the list.
Say no or not yet when needed.
Faithfulness does not require doing everything today.

Can wait	Needs attention today

6. Make Space for Spiritual Care

- [ ] Listen to Christian music.
- [ ] Try an audio Bible if reading feels difficult.
- [ ] Spend a few quiet minutes with Romans 8, Psalm 23, or Psalm 103; reflect on a phrase rather than trying to complete a study.



Spiritual care is not another performance. Receive what helps you turn toward God.

7. Personal Prayer Declarations

Original paraphrase-based prayers – not direct Bible quotations.

- **Isaiah 40:29** – God gives strength to the weary; I can ask Him for the help I need today.
- **Psalm 62:5** – My soul can wait quietly for God, whose hope is steady.
- **Jeremiah 31:25** – God refreshes the faint and satisfies the weary soul; I may receive His care without shame.
- **Psalm 4:8** – I can lie down in peace because God is my safe keeping place.

The declaration I most need today:

What would turning toward God look like in the next ten minutes?

8. Rest with the Shepherd

Read or listen to Psalm 23 slowly. Imagine the Shepherd's patient care; guidance, provision, protection, and presence. Where do you most need to be led, restored, or given permission to lie down? What would it mean to receive God's care today rather than striving to manage everything alone?

I feel most tired in...

A gentle next step is...

I can remember that God is with me when...

God isn't asking you to carry tomorrow today.

For today, receive enough grace for today. Rest is not giving up; it is a way of acknowledging your limits and making room to trust God. Move gently, seek wise support when needed, and remember that you are loved before you accomplish anything.

If you are worried about your health or safety,
reach out to a qualified healthcare professional or trusted support person.