

Healthy Leaders “Living Well at Luther”

By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace. Luke 1:78-79 NRSV

In The Bleak Midwinter

In the bleak midwinter, frost wind made moan,
earth stood hard as iron, water like a stone;
snow had fallen, snow on snow, snow on snow,
in the bleak midwinter, long ago.

Our God, heaven cannot hold him, nor earth sustain;
heaven and earth shall flee away when he comes to reign.
In the bleak midwinter a stable place sufficed
the Lord God Almighty, Jesus Christ.

Angels and archangels may have gathered there,
cherubim and seraphim thronged the air;
but his mother only, in her maiden bliss,
worshiped the beloved with a kiss.

What can I give him, poor as I am?
If I were a shepherd, I would bring a lamb;
if I were a Wise Man, I would do my part;
yet what I can I give him: give my heart.

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Emotional and Spiritual Well-being

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Caring for your emotional well-being during the holidays.

- * Be realistic. Keep the traditions that work and discontinue those that don't.
- * Learn to say no. Say yes only to what you really want to do and avoid feeling resentful and overwhelmed.
- * Remember healthy habits. Don't let the holidays become a dietary free-for-all.
- * Get plenty of sleep and schedule time for physical activity
- * Take a breather. Pray. Spend just 15 minutes alone without distractions. Take a walk at night and stargaze. Listen to soothing music. Slow your breathing to restore your calm.
- * Acknowledge your feelings. Don't force yourself to be happy just because it's the holiday season.
- * Seek support. Attend worship. Ask for help preparing for holiday gatherings. If you feel isolated or down, reach out to family members, friends or seek a professional counselor if feelings become overwhelming.