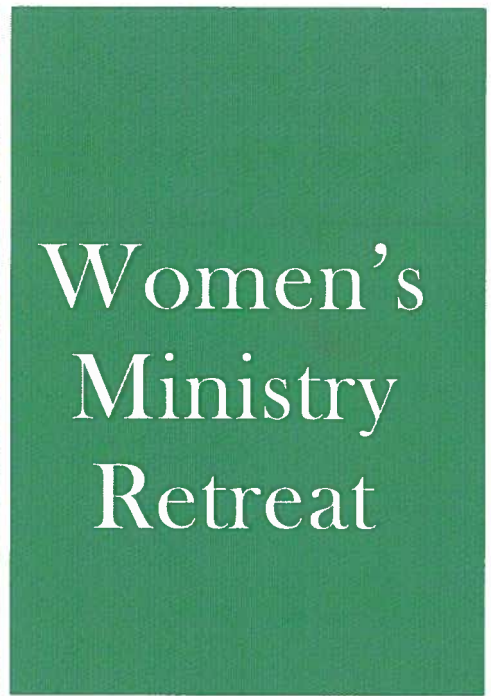




REST



IN THIS ISSUE

To All Those Who Labor

by Cassandra McNulty

Did you know, the human body was never created to work non-stop? Yes, that's right. God wants us to put aside time to rest. We are not talking about our regular sleep here (though that is important too!), but rather a time to step back from the cares of this life and be refreshed from everything that weighs upon us.

Come to me all who labor and are heavy laden and I will give you rest. Matthew 11: 28

There is a harmony between work and rest. Yes, we are commanded: "Six days shalt thou labour...", and the Lord does urge us to "work while it is day" and "whatsoever you do, do it with all thy might as unto the Lord." But the Lord instituted the Sabbath for rest in the first week of His perfect creation. Remember that Sabbath was created well before man's work involved thorns, sweat and "toil and trouble." Rest was needed even in perfection.

One of Satan's traps is to push us to the very limits of our physical, mental, and emotional endurance until our health breaks, we lose our connection with Jesus, or both! Satan wants us to focus so intently on the work that must be done that rest is not pleasant or meaningful; Sabbath and rest were intended to be a blessing and a way to connect with our Creator!

Let us take a moment to consider our loving Savior, who Himself experienced what we experience. His days of ministry were packed with needy people craving His healing touch and kind words. The emotional and physical strain on Jesus must have been very great indeed, not to mention the men who were doing their utmost to destroy and hinder His work.

Yes, Jesus knows the weakness of our poor human frame. He does not urge upon us the necessity of ceaseless toil. Listen to what Jesus said to His disciples during a particular time of ministry labor:

And he said unto them, come ye yourselves apart into a desert place, and rest a while... Mark 6:31

There is danger if we do not heed these words. We should come aside from the cares and burdens of life, seeking time for rest and communion with God; not for selfish gratification or personal pleasure, but so that we can be refreshed and better prepared for future labor. God, in His infinite wisdom and love for His creation, set aside one day a week so we can achieve just that: rest and communion with Him.



Creative Ways to Keep Sabbath 2

Rest here

Scriptural Principles of Rest 3



Cutting Down & Reducing Stress 4



Recipe: Cream of Something Soup 5



Style for the Busy Woman 6



Gratitude Jar 7



Healthy Lifestyle, Restful Life 8

Creative Ways to Keep Sabbath

- ✘ Start family Sabbath traditions
- ✘ Go for a prayer walk in nature and thank God for all he has created
- ✘ Identify wild edible plants
- ✘ Feed birds and fish by the water
- ✘ Hike to the highest point in your town
- ✘ Pack a picnic and eat outside at your favorite spot
- ✘ Make the family members' favorite meals for Friday evening and Sabbath lunch
- ✘ Sing hymns of praise as a family
- ✘ Go around the table, share blessings from the week, and put them in a blessings jar that you can read once in a while
- ✘ Choose a book to start reading together as a family
- ✘ Read stories about missionaries and great giants of Christianity
- ✘ Light special candles you only light on Sabbath
- ✘ Reserve certain napkins or table settings that you only use on Sabbath



- ✘ Create a "Sabbath Can" from an aluminum can where you put Sabbath activities on strips of paper or what you and your family can do on Sabbath.
- ✘ Reserve special toys and coloring books for your children that only come out on Sabbath
- ✘ Do a Sabbath craft with your children such as writing out Scripture verses and gluing some of God's creation around it
- ✘ Go to a nursing home and visit those who are lonely
- ✘ Visit those in your church who have not attended for a while
- ✘ Write notes to family or friends who need encouragement or prayers
- ✘ Serve a meal at a local homeless shelter and bring encouraging books or literature

- ✘ Play charades or Pictionary with Bible stories and have your family members guess what is being acted out or drawn
- ✘ Take modeling clay and create what you are thankful for about God and His creation. As a family, guess what the others created
- ✘ Play uplifting and special music you only play on Sabbath
- ✘ Call someone who is sick and pray with them
- ✘ Take photos of your family activities on Sabbath and make an album you can go through together
- ✘ Create topic cards, and with friends or family, discuss times you felt blessed, divine appointments, and more!

EZEKIEL 20:12

Moreover, I gave them my Sabbaths, as a sign between me and them, that they might know that I am the Lord who sanctifies them. .



Tips for Better Time Management

- ✘ Create a daily plan
- ✘ Peg a time limit to each task
- ✘ Use a calendar
- ✘ Use an organizer
- ✘ Know your deadlines
- ✘ Learn to say "NO"
- ✘ Target to be early
- ✘ Time box your activities
- ✘ Have a clock visibly placed before you
- ✘ Set reminders 15 minutes before a scheduled engagement
- ✘ Focus
- ✘ Block out distractions (if possible)
- ✘ Track your time spent
- ✘ Don't fuss about unimportant details
- ✘ Prioritize

- ✘ Delegate
- ✘ Batch similar tasks together
- ✘ Eliminate time wasters
- ✘ Cut out activities when you need to
- ✘ Leave buffer time in between activities
- ✘ Plan time to relax and spend with family
- ✘ Plan time for yourself!

Look carefully then how you walk, not as unwise but as wise, make the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. Ephesians 5: 15-17

Biblical Principles of Rest

Seeking out rest has become so very important to me because I have recently come to realize that rest eludes me along with many other women. For each of us it can be a result of different things; for me it is a result of a driven personality and a need to constantly strive, toil, and try to make things work my way. I have done this all my life. But no more; I want rest for my weary soul and body. I want my mind, will, and emotions to be at REST and free from the anxiety and stress that accompanies a performance-based and driven lifestyle.

Rest is Found in God Alone

Jesus said that rest is found in Him alone; and not only can we find rest, we can also enjoy its many blessings and rewards.

Come to me, all of you who are weary and heavy burdened and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. – Matthew 11:28-29

In meditating upon this verse and studying it through, I uncovered three main principles:

- ✦ Rest is for all of us
- ✦ There are three conditions that must be met to obtain rest.
- ✦ If I meet these conditions, I will receive and enjoy numerous blessings and rewards from the rest God provides.

#1: Rest is for all of Us

Rest is not just for the Christian who has it all together; nor is it just for the wealthy or the joyful. No, the verse says, "ALL who are weary and heavy burdened." I have not met one woman in my short life on this earth who has not had moments of weariness and heaviness. Whether we are wealthy or poor, married or single, students or professionals, whatever place God has us we get weary. God did not provide a way to peace and rest for a select few; He provided a way for all.

Christ desires all of us to come to Him, to partake of this rest He has provided for us.

#2: Three Conditions

Though rest is for all of us, there are three conditions which must be met to obtain this rest. We must come to Him, take His yoke upon us, and learn from Him.

This first condition may seem like the simplest of steps, but in practice, it can be very difficult for many women. To come to Jesus, we must admit that we do not have control of everything and every outcome. We must come to terms with the fact that we do not have the human strength and power to do everything ourselves. We must admit we need help and are not enough on our own.

What exactly does it mean to "take my yoke upon you"? We do not use the term "yoke" very often anymore, but if you think of the time in which Christ was speaking, He was communicating in a very real, relevant, and personal way to the hearers. A yoke was a wooden crosspiece that was fastened over the necks of two animals and attached to a plow or cart; it was a device for hauling weight. The purpose of a yoke was to make the burden balanced between the two animals so all the weight was not falling on one of the animals.

For my yoke is easy and my burden is light. – Matthew 11:30

Christ tells us to take His yoke upon us; His yoke is easy and His burden is light. This does not mean when we come to Christ and take on His yoke that life will be easy without any cares. What it means is that taking on Christ and the burdens of walking with Him is much easier and lighter than carrying the burdens of this world around with us. Christ longs for us to take His yoke, to walk alongside us, and ease our burden. This does not mean we give Him our burdens and the next second we take them back. No, this condition must be met by total surrender to Christ of our lives and those things that weigh us down; when we trade our yoke for His, it is for good.

The last condition is to learn from Him. The scriptures are filled with lessons from Jesus. We could spend eternity learning more about Jesus and never get to the point where we know everything there is to know. But in the simplest terms, Jesus is our example and

teacher in how to achieve rest and peace in this sinful world. He walked this earth and dealt with great burdens while He was here, but He had constant joy, peace, and rest. So what are some of the specific things we can learn from Jesus' life on how to achieve rest? This is by no means an exhaustive list, but it is definitely a list of very important lessons:

- ✦ Prayer and connection with God
 - Mark 1:35, Matthew 14:23, Luke 6:12, Luke 22:41-44, John 12:27-28, John 17:1-2, Hebrews 5:7, Jeremiah 6:16
- ✦ Take time for physical rest
 - Mark 6:31, Matthew 8:24, Matthew 26:45, Hebrews 4:4, 9-10, Gen 2:2-3, Exodus 20:8-10
- ✦ Combat burdens with Scripture promises
 - Luke 4:1-13
- ✦ Prioritize your spiritual walk and place Jesus before all else
 - Luke 10:38 – 42

#3: Blessings and Rewards in Rest

When we meet these three conditions, we are promised blessings and rewards: rest for our souls! We cannot gain these blessings if we do not come to Him. We cannot gain these blessings when we cling to our burdens or worries. We cannot gain these blessings if we do not follow Christ's example in how we live our lives. Christ is yearning for us to come to Him so He can take everything that worries and burdens us; we just have to throw off this world, come to Him, and choose Him above everything.

Let us turn from the dusty, heated thoroughfares of life to rest in the shadow of Christ's love. Here we gain strength for conflict. Here we learn how to lessen toil and worry, and how to speak and sing to praise God. Let the weary and the heavy-laden learn from Christ the lesson of complete trust. They must sit under his shadow if they would be possessors of His peace and rest. Ellen White, CH 251.3



RELAX FOR YOUR HEARTS SAKE



There are studies which show that stress is comparable to other cardiovascular risk factors we traditionally think of as major, like hypertension, poor diet, and lack of exercise. Intense, sudden periods of stress can trigger such a rush of adrenaline that an unhealthy heart cannot function properly, resulting in heart failure or heart attack-like symptoms. In the case of a break-up or death of a loved one, this has become known as broken heart syndrome.



WOMEN ARE MORE LIKELY...

79%

to report money as a source of stress than men

28%

than men to report having a great deal of stress

44%

to report physical symptoms from stress than men

**Gender and Stress research published by the American Psychological Association.*

Practical Ways to Cut Down and Reduce Stress

Stress is the body's physical, mental, and chemical reaction to circumstances that frighten, excite, confuse, endanger, or irritate us. The cause of stress can be good or bad. It can be a truck wheeling around a corner toward us, a move to a new home, or a new job, a marriage or divorce, death in the family, trouble at work, or speaking in public.

Some stressors we do not have control of and cannot change. There are some things we can do, however, to cut down on things in life that cause us stress. Here are some basic principles on how to reduce stressors we can control. Review this list periodically and add to it as you become aware of other ways to reduce stress in your own life.

1. **Laugh:** Interact with people who make you laugh. Laughing reduces tension and boosts the immune system. I always find the funny animal videos on YouTube do the trick for me!
 2. **Learn to say "no":** Doing too much, even if they are good things, can be exhausting and stressful. Learning to say "no" and put up boundaries when you are approaching that point can save you a lot of stress in the long run.
 3. **Simplify your life:** Examine your life and determine areas that you can simplify in order to cut stress. Maybe you need to move closer to work or hire maid service to help you keep up the house work.
 4. **Learn to relax:** Take time to do things that help you relax. Here are a few things you could try: stretch, take long baths, deep breathing, especially in nature, sing praises to God, and meditate on God's promises.
 5. **Find balance:** Part of reducing stress is finding a balance between all of your obligations. Work, church, school, kids, and home can all take over if you are not careful. Put everything in perspective.
 6. **Break tasks into segments:** When we have tasks to be accomplished and deadlines to meet, we can get really stressed out, especially if the task is very daunting. Break down your tasks into easy-to-handle segments and problems.
- Remember, it is easier to eat an elephant one bite at a time!
7. **Get quality sleep:** Sleep is an essential recovery mechanism. Adults need between 7 and 8 hours of good sleep to feel rested and receive health benefits. That means no distractions, a comfortable setting, and going to bed at a reasonable hour!
 8. **Stop using caffeine:** Caffeine is a stimulant which means it does not relax you, but actually hypes your body into overdrive. Regular caffeine use can make it more difficult to handle stress in your everyday life in a healthy way.
 9. **Control your attitude and think positive:** Though we do not have control over everything, we do have control over our attitudes. When we are negative or find ourselves moving into a sour state-of-mind, we can move our minds to more pleasant things.
 10. **Be prepared:** The better you schedule and prepare for events, the less stress will come before and during. Use whatever means you are comfortable with, but plan ahead!
 11. **Improve yourself:** One way to combat stress is to try a new hobby, take a class on a topic you always wanted to learn, pick up a new skill or generally do something to improve your mind and skills.
 12. **Live within your means:** Not having enough resources to pay for basic expenses can be stressful, especially if it lands you into debt. Do everything you can to live within your means and stay/get out of debt.
 13. **Save money:** Unexpected things happen, and more often than not, the unexpected can cause stress, especially if it involves money. Saving money now can ensure you do not have to worry about this stress later.
 14. **Choose quality friends:** Those we have around us can either cause significant stress or help reduce it. If you choose your friends wisely, they will be the ones to share your burdens and lift you up, not add burdens and bring you down.

Come Aside and Rest

A poem by Colin Swann

Come aside and rest a while:
From weary times and endless strife;
From cares and woes of a shattered life;
From the fear of a feeble grasp on grace;
From fragile faith and a loss of face;
From a worn out walk of faulty strides;
From a mask well worn and weakness hide.

From all this:

Come aside and rest a while

Come aside and rest a while:
From daily cares and throes of pain;
From setting a standard with no gain;
From bearing burdens of fam'ly and friend;
From problem solving without end;
From weeping more than a now and then;
From fruitless praying with a no amen.



From all this:

Come aside and rest a while.

Come aside and rest a while:
From body wear and feeble strength;
From taking remedies to great length;
From a physically fit – to fit to drop;
From hoping long for a body swap;
From suffering pain too hard to bear;
From lack of mending of the wear and tear.

From all this:

Come aside and rest a while.

Christ's words of compassion are spoken to His workers today just as surely as they were spoken to His disciples. "Come ye yourselves apart, ...and rest a while," He says to those who are worn and weary. It is not wise to be always under the strain of work and excitement, even in ministering to men's spiritual needs; for in this way personal piety is neglected, and the powers of mind and soul and body are overtaxed.... This is why Jesus withdrew Himself into the wilderness, and prayed." "And it came to pass in those days, that He went out into a mountain to pray, and continued all night in prayer to God." Ellen G. White

Meal Planning: Recipe for Cream of Something Soup

A Kitchen staple brought to you from onceamonthmeals.com

If you have not noticed, a plethora of recipes call for a cream of "something" soup. This recipe is for those women who want a healthy, home-prepared staple that you can freeze for use anytime.

Ingredients

- 2 cloves garlic, minced
- ½ small onion, diced
- ½ cup main ingredient, diced
 - Broccoli
 - Mushroom
 - Asparagus
 - Celery
 - Chicken Seitan, cooked
- ¼ cup butter or substitute
- ¼ cup flour or substitute
- 1 cup milk or substitute
- ¾ cup vegetable broth

Cooking Directions

Sauté garlic, onion, and main ingredient (mushrooms, celery, etc.) and set aside. Melt butter over medium heat. Whisk in flour and cook for about 2 minutes. Add "milk" and broth. Add sautéed garlic, onion, and main ingredient.

Bring to a boil, reduce heat, and simmer, stirring regularly, until it reaches desired consistency (about 10 – 15 minutes).

Season to taste with salt and pepper. Use as you would a can of condensed Cream of Something Soup in any recipe. If you make it ahead of time, pour the soup in a pint canning jar and refrigerate up to four days.



Freezing Directions

You can freeze these in batches in pint or quart size bags or use as you would in any recipe using Cream of Something Soup and freeze that dish. A great way to keep "cans" at the ready for your recipes is to make a quadruple batch and bag each "can" serving in a pint-sized freezer bag. Place those bags in a gallon freezer bag, label, and freeze. When you need a "can" of condensed soup, pull out a bag, thaw, and use it in our recipe! Another great option is to freeze in small containers like "Ziploc Small Sized Containers" which turn out to be the perfect size as well.

Servings: 1 "can" = about 1.5 cups

Effortless Style for the Busy Woman

Practical fashion tips for every Christian Woman

No more sweatpants, sneakers, and t-shirts for us! We can be pulled-together women with fitted and attractive attire even if we are busy. The great news is that you do not have to spend an hour each morning doing your hair, makeup, and wardrobe to achieve the look. This article will outline some practical tips and how-tos for an effortless, put-together style made of classic pieces that will not cost you a fortune.



Hair can be the biggest time sink for a morning routine, especially if you insist on washing your hair in the morning. Believe me, I used to be one of those women. I would say, "I have an oily scalp and flat hair; if I wash at night or *gasp* wash every-other day, my hair will look and feel dirty." But then I found an amazing product; drum roll please....dry shampoo! It is a product that has been out there but recently through new marketing, hit the cosmetology market by storm! This time around it has been such a hit with busy moms, students, and professional women that now numerous companies are making their own versions.

You can wash your hair every night if you wish and use it in the morning OR, if you are brave enough, you can use it to lengthen time in between washes with water. You can also use it after a workout. Reducing how often you wash with water helps keep your hair healthier; your strands will not dry out as easily.



I have tried multiple products and will shamelessly endorse my favorites: Pssst, Batiste (both original and light hair), Not Your Mama's, and Big Sexy Hair. You can

find them at any drug store, Meijer, Kroger, or Ulta. I have not tried every brand on the market, so you may find something else you like better.



There are a few brands that I would not recommend: Tresseemme, Suave, and Pantene. All three of these leave a residue that will last. You will want to wash your hair after you spray it, completely defeating the point of dry shampoo. At least that was my experience.

To use, spray the dry shampoo into your roots and along your hairline. I do this before washing my face so I can clean off any residue. Brush or comb through your roots, and voila -- clean hair! I have one comb I use just for this purpose because it can develop build-up of the product over time.

Face and skin-care routines can take up a large part of a routine if you have a whole system of cleansing, toning, moisturizing, applying sunscreen, and applying any other specialized products. If you have a system you like, don't change it! However, if you do not, here are some tips to a fast and flawless face.

- 1) Always wash your face before bed; it is best for your skin and it makes your morning routine faster. If you have a busy life, utilize your nightstand and packs of face tolettes that can be found in the skincare aisle.
- 2) Wash your face in the morning with a gentle skin cleanser. No need to get fancy; washes are not on your face long enough to make a difference in things like tone and aging.
- 3) Moisturize with a sunscreen-containing product with at least an SPF 30. This way you can combine two important skincare products in one.

- 4) If you must use an anti-aging product, use one: retinol. Retinol helps reduce fine lines, dark spots, and past UV damage while it improves skin texture and firmness.

Makeup is one of those steps you can include or exclude from your routine depending on the day and your complexion. The purpose of makeup is to enhance the beauty God has already given you, not to cover your face. As a result, a makeup routine should not take more than 5 minutes of your morning routine.



Ingredients for natural-looking makeup: light foundation (liquid or powder), bronzer and/or blush, natural eye shadow palette, mascara, and lip-gloss. My number one tip for a fast routine is to practice. The more comfortable you become with your routine, the faster you will be in the morning.

Typical Days for most of us either means going to work or being at home where we typically throw on our comfiest clothes. Most women, though, have meetings or church functions where they see others on at least a weekly basis. In either setting, we can have a put-together style in a short amount of time.

Start with some key casual pieces that are your go-tos for a ladies' lunch or a casual church function. Some rules for these pieces and saving time:

- 1) Never wear tennis shoes with jeans or other pants that are not exercise or lounge pants. Look for ballet flats, boat shoes, oxfords, or other casual flats. If you are at the office, you can wear ballet flats with pants that are hemmed appropriately or kitten heels.



2) Hem your clothes and choose appropriate fitting clothes so that no matter the fabric, they look fabulous on your shape. Have a list (mental or otherwise) of your favorite outfits and pieces so you have a go-to when needed.

3) When wearing a skirt, always tuck your shirt into your skirt. When wearing pants, you will typically only tuck if you have a jacket or cardigan over your blouse.



4) One of the easiest outfits to pull off is a dress and dresses are back! Have a few solid casual dresses for each season in your wardrobe so you can grab and go when needed. You can style the dress differently, too, depending on the occasion.



Save Time choosing clothes for the day and your morning routine.

1) Set out your outfit for the next day or even decide what you will wear for the week in advance; this includes your shoes. This way your morning routine will be smooth, and you will not waste time trying on outfit after outfit and trying to find shoes that match. You can make or purchase labels for your clothing rack for greater organization.

2) Check the weather for the week and the night before to ensure there are no surprises when you wake in the morning. You will be sure to have an outfit picked out that is appropriate for the weather and that will be comfortable.

3) Organize your closet so clothing is easy to find. Nothing wastes time and stresses someone out more than trying to get somewhere on time and not being able to find that key piece to the outfit in the closet.

4) Recheck your calendar before you go to bed. It is very stressful in the morning if you forgot an appointment or thought your meeting starts at 9:00 when it really started at 8:00. Make sure you know exactly where you need to be, when, and what you should be wearing for that activity so you can plan accordingly.

5) When you wake up, stay off your phone and the Internet until you are completely ready, and that's an order! Our phones can be HUGE time sinks in the morning. We want to check email and Facebook, look at Twitter and Instagram, and see if someone responded to our comment on our favorite blog. Do yourself a favor and hold off until you are completely ready.

6) Before anything else, take time to pray and breathe. Mornings can be stressful; make sure you start off on the right foot by connecting to God first!

Gratitude Jar: A Sabbath Family Tradition

A gratitude jar can be an amazing tool to bring your family together and closer to God.

When we guide our families to "give thanks in all circumstances; for this is the will of God in Christ Jesus for you" we lift their hearts heavenward. Exercising gratitude for the blessings God has given us increases our trust and faith in our Creator God.

A gratitude jar can be any container. You can decorate it any way you would like. But keep the jar and slips of paper accessible. You can either fill out slips throughout the week and

read them on Sabbath, or you can have everyone on Sabbath say what they are thankful for from the week and write it on slips of paper to keep in the jar. My family reads the slips of paper on Thanksgiving from the Sabbaths throughout the year.

Here are some examples of gratitude jars:



Healthy Lifestyles for a Restful Life

It can be hard to maintain a healthy lifestyle in the hustle and bustle world we live in. If you are in school, commuting to work, and/or taking care of your family, time can seem to evaporate. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change and stress. Exercising, relaxing, and getting enough sleep will impact your health in amazing ways. Taking good care of yourself may require a little extra time and effort, but it's worth it!

Relaxation

While there are no specific guidelines for how much relaxation a person should incorporate into their lifestyle, making time to unwind and enjoy life is an important part of maintaining good health. Deep relaxation, like prayer and meditating on God's Word, when practiced regularly, not only relieves stress and anxiety, but also is shown to improve mood. Deep relaxation has many other potential benefits as well—it can decrease blood pressure, relieve pain, and improve your immune and cardiovascular systems.

If you aren't getting enough time to relax, you may find yourself feeling tense and stressed out. Long-term stress, if not addressed, can cause a host of health issues, including chest pain, headaches, digestive issues, anxiety, depression, and changes in ability to focus.

Exercise

Getting the appropriate amount of exercise benefits nearly all aspects of a person's health. Not only does exercise help control weight, it also improves mental health, how we handle stress, mood, chances of living longer, and the strength of your bones and muscles.

Adults ages 18 and over (including older adults) need at least 2½ hours of moderate aerobic activity each week and muscle strengthening exercises twice a week. Children and adolescents need an hour of physical activity every day, with vigorous activity at least 3 days each week. They also need muscle and bone strengthening exercises at least 3 days of the week.

Moderate intensive activities include briskly walking, gardening, playing doubles tennis or a leisurely bike ride. Vigorous intensive activities include jogging, running, swimming laps, jumping rope, hiking, singles tennis, or group activities like step aerobics. Muscle-strengthening activities to include in your routine twice a week include lifting weights, resistance band exercises, and body-weight resistance activities like push-ups and sit-ups.

Not getting enough exercise puts you at increased risk for cardiovascular disease, type 2 diabetes, metabolic syndrome, high blood pressure, and some cancers.

Sleep

Getting the correct amount of quality sleep is essential to your ability to learn and process memories. Additionally, sleep helps restore your body's energy, repair muscle tissue and triggers the release of hormones that effect growth and appetite.

Just like exercise, the amount of sleep you need depends on your age. The National Heart, Lung and Blood Institute recommends at least 11-12 hours for preschool-aged children, 10 hours for school-aged children, 9-10 hours for teens and 7-8 hours for adults.

Quality of sleep matters too. If you don't get enough sleep, or good quality sleep every once in a while, you may notice that you wake up feeling groggy, not well rested, and experience difficulty concentrating. If you consistently do not get enough quality sleep, you are at higher risk for conditions like heart disease, diabetes, obesity, headaches, and depression. Try to stay in the suggested guidelines for amount of sleep, and keep in mind, getting too much sleep on a regular basis can be problematic for health as well.

If you feel as though you are not getting enough sleep on a regular basis, and it is affecting your restfulness and everyday life, talk to your primary care doctor to discuss whether you may have an underlying sleep disorder, like insomnia or sleep apnea.

REST

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