

Digital Soul Care

-Edie Melson

Tips to Relieve Digital Stress

1. Decide on boundaries, write them down and *STICK* with them.

(Psalm 16:5-6)

- My time is no longer driven my phone. I set a time to return text messages, emails and phone calls—and it's not during lunch or after working hours.
- I have set office time. And my phone is *NOT* my office.
- I don't work during family time.
- I am specific with clients on what type of correspondence I expect. For example, while I will answer emergency text messages, all other correspondence should be in email.

2. Weekends off are now the norm, *NOT* the exception. (Mark 2:27)

3. Learn to limit digital meetings. (Psalm 127:2)

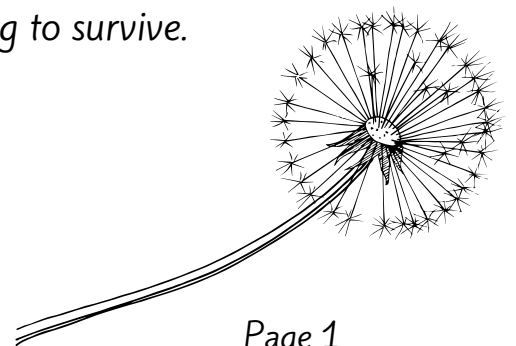
4. Work smarter, not harder when connecting with your audience. (Proverbs 2:11)

5. Families come first. (1 Timothy 3:5)

6. Be aware of the pressure coming at you right now and make your own decisions.
(Colossians 2:8)

7. Kick up the volume. (Psalm 71:14)

8. Relationships matter, and beyond that, they need nurturing to survive.
(Romans 12:10)



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(continued)

9. Reach out when you're down. (Ecclesiastes 4:9-10)
10. Field trips are time well spent. (Hebrews 11:3)
11. Mix it up. (Hebrews 10:24-25)
12. Quit judging how you're doing by what you're accomplishing. (Mark 6:31)
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13. It's okay (even encouraged) to have hobbies that have NOTHING to do with writing and/or reading. (Ephesians 2:10)
14. Keep moving. (1 Corinthians 6:19-20)
15. Be gentle with yourself. (Luke 12:7)
16. Write it down. (Matthew 13:52)
17. Seek time apart with God. (Psalm 1:2)

Resources

- Dr. Sandra Dalton-Smith: <https://ichoosemybestlife.com>
- Susan U. Neal: <https://susanuneal.com/healthy-living-blog>
- Cathy Baker: <https://www.cathybaker.org>
- Beth Vogt: <https://bethvogt.com/blog/>
- Julie Cameron: <https://juliacameronlive.com/blog/>
- Cynthia Cavanaugh Soul Anchor Podcast: <https://cynthiacavanaugh.com/soul-anchor-podcast/>

