

Self-care



# IDEAS & RECIPES

EZINE



Refresh ☀ Replenish ☀ Restore

REGULARLARGIRLDEVOS.COM



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# Introduction

Self-care is a big buzzword right now, but what does it mean to you? When I was younger, I used to think self-care involved an occasional spa treatment or shopping day. Now that I am older, I realize self-care encompasses the whole scope of my well-being, physical and mental.

Taking care of yourself is not selfish, it is essential. Not just important for you, but for your family, co-workers, even God. I have heard it said that you can't pour anything out of an empty vessel. This is true of us. Being depleted, burned out, or physically exhausted, we are of no help to ourselves or anyone else.

This Ezine includes simple ideas and recipes to include self-care every day:

- Stay hydrated with flavorful infused water and energizing coffee and tea.
- Indulge your senses by filling your home with chemical-free scents using simmer pot and essential oil diffuser recipes.
- Replenish your body with nutrient-rich and delicious snacks.
- Encourage and uplift yourself with beautiful books.
- Enjoy restorative sleep with my Moon Milk shortcut.
- Find podcasts that enlighten you.
- Begin a journaling journey to help you process your emotions, keeping your mind focused and free to trust God's goodness daily.
- Sew yourself a drug-free cold therapy pillow to soothe an aching head or muscle pain.

Just to let you know, affiliate links appear only on my book recommendations page. Otherwise I include NON-affiliate links to the products I recommend because I enjoy them and think you will enjoy them too. For your information, please read the Health Disclaimer at the end of the Ezine.

Now, prepare to be refreshed, replenished and restored! God is with you every step of the way!

# Refresh

Life is hard work. Find what is refreshing for you. A cool drink, a warm cup of coffee, the smell of tropical fruit, or the sea air? I want to encourage you to take time out of each day to refresh your body, mind, and spirit. Use all of your senses. Close your eyes and breathe deeply. Enjoy a few moments to sip a warm drink. Inhale the scent of a pleasing fragrance. Say a tiny prayer of gratitude. It may surprise you how just a few intentional moments can clear your mind and refresh you.

Water is essential to our health, but getting in those 8-10 glasses a day can get boring. Try recipes for fruit infused water, especially my easy shortcut, with no added sugar.

Need an extra pick-me-up? Treat your morning joe to creamy flavor by making your own flavored coffee creamer, but skip all the chemicals. Find my shortcut for a delicious and smooth Chai Tea Latte, honey optional.

Finally, delight your senses with all-natural simmer pots. Put that old crock pot to work and fill your space with comfort or perhaps invoke a memory. If you enjoy essential oils, find recipes for your favorite diffuser.

The Bible encourages us to remember our friends when we need to be refreshed: "Just as lotions and fragrance give sensual delight, a sweet friendship refreshes the soul." Proverbs 27:9 MSG.

Keep in touch with yourself by nurturing all your senses. Take in the day!





# FLAVORFUL Infused Water

Water is life. The Mayo Clinic says our bodies, which are about 50% to 70% water, uses it as a principal chemical component to survive. Each cell, tissue, and organ of your body uses water to run smoothly by getting rid of waste, keeping you at the right temperature, lubricating and cushioning your joints, and protecting sensitive tissue. If you are feeling tired with no energy, it may be dehydration. Grab a glass of water!

But, let's be honest, drinking plain water can get boring and drinking soda, energy drinks, or juices can add a lot of unwanted sugar. Fruit infused water is a healthy and delicious way to work those 8-10 glasses into your day.



Slice your favorite fruit and herbs, place in a bottle or pitcher of water. Monitor freshness. Experiment to find your favorite flavors. Add smaller pieces to an ice cube tray, fill with water, and freeze. Add a cube or two to your water glass.

Check out my infused water shortcut using fruit herbal tea bags! Your taste buds and body will thank you!







Herbs

Market  
Fresh Water

### FLAVOR COMBOS

CUCUMBER, LEMON, MINT, GINGER

APPLE, CINNAMON STICK

MANGO, GINGER

STRAWBERRY, LEMON

CUCUMBER, MINT

WATERMELON, ROSEMARY

STRAWBERRY, BASIL

PEACH, VANILLA BEAN

RASPBERRY, LEMON

Fruit



# MY INFUSED WATER SHORTCUT: FRUIT HERBAL TEAS!

Celestial Seasonings Tea

I grew up in the beautiful town of Boulder Colorado. I remember when the local company of Celestial Seasonings was born in 1969. Just in local health food stores at the time, it has become available around the world. One of my favorite blends, Red Zinger, was born in 1972. It has a beautiful red color from the hibiscus flowers and is delicious cold! Check out their Fruit Herbal Tea Sampler so you can discover your favorite flavor.

My shortcut? Because their tea bags have no staples or tags, you can gently poke a bag or two in a bottle of water and allow to steep overnight.

Wonderful fruity infused water without all the chopping!

Check out their amazing teas: <https://celestialseasonings.com>





LIFT YOUR MOOD

# Coffee & Tea

Johns Hopkins Medicine wrote an [article](#) about nine benefits of drinking the right amount of coffee. If you are looking for an energy boost, they recommend choosing a cup of java or a cup of green or black tea. Their “research shows that coffee and tea are rich in antioxidants that are good for your heart, possibly reducing the risk of heart disease and stroke by lowering cholesterol levels.”



Choosing coffee or tea over a soda or energy drink full of sugar will always be a good choice if, of course, you don't load your latte up with multiple pumps of flavor options. As with anything in life, moderation is the key.

I will give you a recipe to create your own flavored creamers without all the chemicals, and a shortcut to make a Chai tea latte, with optional honey, at home!





# Creative Creamers

## BASE INGREDIENTS

1 & 3/4 C MILK OR MILK SUBSTITUTE

14 OZ SWEETEN OR UNSWEETEN  
CONDENSED MILK

2 TSP VANILLA EXTRACT

COMBINE INGREDIENTS AND  
STORE IN THE REFRIGERATOR.  
NOTE THE EXPIRATION DATE OF  
THE MILK, IF NECESSARY.

FIND THE RECIPES FOR 10 FLAVOR  
OPTIONS AT:

[THESUPERMOMLIFE.COM](https://thesupermomlife.com)

(SCROLL DOWN TO FIND RECIPES)



# MY CHAI LATTE SHORTCUT: TWININGS TEA!

I love a creamy chai latte, but I don't always like all the sugar! Twinings makes a smooth and spicy chai tea bag. Sometimes I use two bags for more flavor and steep a little longer. Add warm milk of choice and enjoy a comforting cup of spicy goodness without all the sweet. Of course it is especially yummy with a bit of honey!

Visit their website at [twiningusa.com](https://www.twiningusa.com)





## DELIGHTFUL SCENTS

# Simmer Pots

Have you ever had a smell send you back to a memory? The smell of craft paint always sends me back to sitting in front of our family console record player listening to Bobby Vinton sing "Roses are Red," as I create paint by number artworks from my TV Tray studio.

Scientists directly connect our noses to a specific part of our brain. Research, using a bunch of technical terms, can explain why a smell triggers a detailed memory or even intense emotion. Real Estate agents suggest baking a batch of chocolate chip cookies just before an open house sale. Bottom line, smells influence our mood, mindset, and energy levels.



Many criticize plug-in and aerosol air fresheners for their chemical ingredients, but we have some natural alternatives for making our homes pleasing to our noses and memories. Try simmer pot recipes using fresh fruits, herbs, and spices. Purchase a little crock pot just for this purpose. Essential oil diffusers are a nice way to find your perfectly pleasing scent!



# Simmer Pot Recipes

1



## MORNING COFFEE CAKE

2-4 cinnamon sticks

1/4 cup coffee beans

1-2 teaspoons of vanilla extract

Fill pot with water and simmer, checking often so it doesn't run dry and burn.

2



## TROPICAL SUNSHINE

1 sliced lemon

1 sliced lime

6 oz can pineapple juice

1 tablespoon coconut extract

Fill pot with water and simmer, checking often so it doesn't run dry and burn.

3



## SPRINGTIME WALK

1 sliced lemon

a few sprigs of rosemary

Fill pot with water and simmer, checking often so it doesn't run dry and burn.

4



## CRAN-APPLE SPICE

1/4 cup dried cranberries

1 sliced apple

piece of ginger, sliced

2 cinnamon sticks

Fill pot with water and simmer, checking often so it doesn't run dry and burn.

### Tip

Your simmer pot can be reused a couple of times. Store in the fridge after cooling!



# Essential Oil Diffuser

## RECIPES

### FOCUS =

- 5 DROPS PEPPERMINT
- 3 DROPS LEMON

### HAPPY THOUGHTS =

- 6 DROPS WILD ORANGE
- 2 DROPS CLARY SAGE

### COZY FIRE =

- 3 DROPS DOUGLAS FIR
- 3 DROPS FRANKINCENSE
- 3 DROPS SANDALWOOD

### SWEET DREAMS =

- 4 DROPS LAVENDER
- 3 DROPS CEDARWOOD
- 2 DROPS FRANKINCENSE



PROVERBS 11:25

# Refresh

"The generous  
will prosper;  
those who  
refresh others  
will themselves  
be refreshed."





# Replenish

We need a lot of energy to get through the day. Sometimes it is hard to nourish ourselves with healthy choices. We don't always see nutritious choices as grab and go. But with a little planning, healthy doesn't have to be hard and your body will repay you with a nice, even supply of energy throughout the day.

Avoid the sugar crash of typical granola with my Groovy Granola recipe. Great in yogurt, with your favorite milk, or carry as a quick and energizing snack.

At the end of a long day, sometimes you just need to treat yourself! Go with an option that will also replenish your tummy with the good things it needs to keep you healthy. According to my resident cookie dough addict, the Cookie Dough Greek Yogurt recipe will cure any craving!

Nourish your mind and your body. Unplug and replenish your imagination with beautiful books. Soak in soothing words, the wonder of God's creation, or spark your own creativity with a thoughtful journal. Read the Bible. Plan an adventure to explore a beautiful library or a quirky local bookshop.

Proverbs 24:5 tells us, "The wise are mightier than the strong, and those with knowledge grow stronger and stronger."





## ENERGY BOOSTING

# Snacks

God gave us food to enjoy, as well as provide nourishment for happy minds and bodies. I feel better when I make healthier food choices. My mind loves sugar, but my body, not so much.

For example, I like granola and yogurt, but grocery store options are full of sugar. My Groovy Granola recipe is mostly toasty nuts and oats and is a satisfying alternative. Yummy in unsweetened Greek yogurt, with milk, or as a snack.



My husband and I enjoy dessert and he is a big fan of cookie dough ice cream. I found a healthier option with Cookie Dough Greek Yogurt. Skeptically, he gave it his seal of approval! It makes a nice dessert or snack with just enough sweet to satisfy. As a bonus, it supplies probiotics and protein.

Listen to your body. Add some activity to your day. Make mostly positive food choices, but don't feel bad about treating yourself. Think balance and moderation. Your body will let you know!



# Groovy Granola

## INGREDIENTS

1 CUP OLD-FASHIONED ROLLED OATS

1/2 CUP SLIVERED OR SLICED ALMONDS

1/2 CUP CHOPPED PECANS

1/2 CUP CHOPPED WALNUTS

1/2 CUP UNSWEETENED  
SHREDDED OR FLAKE COCONUT

2-3 TABLESPOONS MELTED  
COCONUT OIL

FOR A SWEET GRANOLA OPTION ADD:  
1/4 CUP HONEY OR MAPLE SYRUP

DASH OF SEA SALT

SPRINKLE OF CINNAMON,  
PUMPKIN PIE SPICE, OR GINGER

OPTIONAL ADD-INS

# Directions



1

## COMBINE DRY INGREDIENTS

Preheat oven to 300 degrees F. Combine your dry ingredients and mix well.



2

## COMBINE OIL AND OPTIONAL SWEETENER

Whisk oil with honey or maple syrup, if using. Add to the dry ingredients and mix well. Spread evenly on a baking sheet lined with foil or parchment paper.



3

## BAKE, STIR, AND COOL

Bake in preheated oven for 15 minutes. Remove and give a good stir. Return to oven and continue baking until golden, about 10-15 minutes. Remove from oven and allow to cool completely.



4

## SPRINKLE IN A LITTLE SWEETNESS

After cooled, add your favorite goodies like dark chocolate chips or dried fruit pieces. Store in an airtight container and is good between 2-4 weeks.

### Granola Note

This is not a clumpy granola. It may clump more if you go with the honey or syrup option, but because there is no egg or other binder, it doesn't tend to stick together. Feel free to use any combination of nuts or seeds you enjoy most!



# Cookie Dough Greek Yogurt

## INGREDIENTS

1/2 CUP GREEK YOGURT

1 TABLESPOON PEANUT BUTTER

1 TABLESPOON HONEY

1 TEASPOON VANILLA

SPRINKLE OF SEA SALT

1 TABLESPOON CHOCOLATE CHIPS

# Directions



1

## MIX

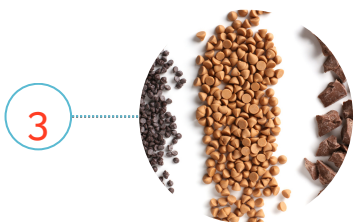
In a small bowl, add all of the ingredient and stir to combine well.



2

## QUICK TIP

Heat peanut butter in the microwave for a few seconds for easy blending!



3

## VARIATIONS

Try your favorite nut butter. How about dark chocolate chips, white chocolate chips, or caramel chips?



4

## ENJOY!

Also delicious as a dip for apple slices, or freeze for a soft-serve treat!

treat  
Yourself!

When those sweet cravings attack, treat yourself with a snack that is packed with nutritional benefits and not guilt-trip baggage!

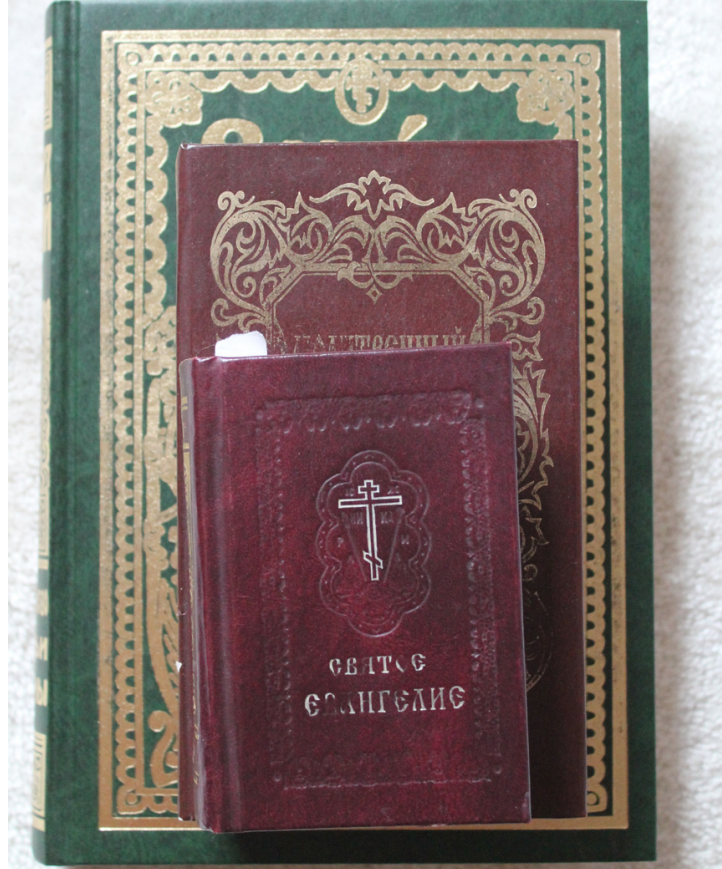


## SOUL NURTURING

# Beautiful Books

What we see or hear affects how we think and view the world. What we take in has the power to change our hearts and attitudes. More people are noticing the negative effects of social media and opting to take digital mental health breaks.

There is something soothing about holding a book. Feeling the binding, the pages, it is relaxing. When was the last time you visited a library or bookstore? When was the last time you explored a subject completely unknown and mysterious?



Nurture your soul with beauty. Discover unfamiliar territory that will inspire you, uplift you, energize you. The world is full of wonder and your mind to yearning to learn.

Allow the Creator of the universe to reach deep inside your heart with beauty and love. We can find all this and more in the pages of a beautiful book or Bible!

# RGD Recommendations

1



## BEHOLDING AND BECOMING BY RUTH CHOU SIMONS

Kathy Keller once said there are some days when you just need to read something beautiful. In my opinion, any book by Ruth Chou Simons will fill that need! Her art and her inspiring thoughts are truly a blessing and will surely add beauty and encouragement to your day.

2



## THE ART OF GOD BY RIC ERGENBRIGHT

Through stunning nature photography, this gorgeous gift book captures God's expression of his character in the created world. Ric's award-winning photographic talent is combined with Scripture and devotional thoughts to move both the heart and the mind. A beautiful coffee table book to revisit often!

3



## THE NESTING PLACE BY MYQUILLYN SMITH

Myquillyn Smith has a realistic attitude when it comes to creating a home that you can truly live in—with kids and pets included—and also feel comfortable in a nurturing environment. I also recommend her book, "Cozy Minimalist Home".

4



## THE PSALMS IN COLOR BY CHRISTIAN ART PUBLISHERS

The book of Psalms is featured in this beautifully crafted coloring book. The pages include a variety of delightful patterns, designs, motifs, and ink drawings that incorporate Scripture from the Psalms. Rejoice in the songs of praise while you put color to the pages to create your unique work-of-art.

### Tip

Plan a day trip to explore a beautiful library or fun and funky independent bookshop!



ISAIAH 40:31

# Replenish

"But those who trust  
in the Lord will find  
new strength. They  
will soar high on  
wings like eagles.  
They will run and  
not grow weary.  
They will walk and  
not faint."







# Restore

I love a good DIY project, so when I hear the term restore I think of repairing or rebuilding. We all need a little of these each day. Rebuilding our bodies with restful sleep.

Restoring a positive mindset after an especially challenging day, or repairing hurt feelings by venting in our journal or listening to an encouraging podcast. And, of course, a crafty DIY project to soothe an aching head or loosen up a tight muscle.

If getting to sleep is your nemesis, try my simple Moon Milk shortcut. Sip and relax. Perhaps count your blessings like sheep in a pasture. You will drift off in a peaceful, restorative sleep before you know it!

Listening to an encouraging podcast will assure you that you are not alone and we ALL have stuff we are working through. I especially like Prayer Starters to help me begin my conversations with God when I am too weary to find my own words.

Try journaling. I used to be a skeptic, but after discovering all the different journals, I found one I enjoyed. The activity of using my hands to create a journal helps me focus on my positive affirmations.

Finally, give the Cold Therapy Pillow a try. It is an easy project and the act of making it is therapeutic.

Psalm 30:2 promises us, "O Lord my God, I cried to you for help, and you restored my health."



## RESTORATIVE SLEEP

# Moon Milk

Falling and staying asleep is an enormous challenge. There are tons of tips and advice out there. Here are the most common:

- Stick to a consistent sleep and wake pattern.
- Avoid electronic devices leading up to bedtime.
- Make your sleep environment cool and dark.
- Try a relaxation technique such as meditation or visualization with prayer and deep breathing.
- Drink warm milk, chamomile or lavender tea, or tart cherry juice.



Moon Milk, using natural herbs and spices, has become a popular way to induce relaxation and sleep. Check out my Moon Milk shortcut. You will float off to dream land before you know it!



# Dreamy Moon Milk Shortcut!

## BIGELOW TEA

BEGIN WITH ONE BAG OF BIGELOW BENEFITS SLEEP CHAMOMILE AND LAVENDER TEA. ADD HONEY, IF DESIRED. ALLOW IT TO STEEP FOR 10 MINUTES FOR OPTIMAL FLAVOR. ADD WARM MILK OF CHOICE. PLEASE NOTE: YOU WON'T HAVE THE DEEP COLORS OR FLOATY LITTLE FLOWERS OF OTHER MOON MILKS, BUT IT IS SO EASY AND WILL SEND YOU SOFTLY TO SLEEP!

PERHAPS TRY ROSE AND MINT OR EXPLORE OTHER FLAVORS:

[BIGELOWTEA.COM](https://www.bigelowtea.com)



## KEEPING FAITH

# Podcasts & Journaling

What would life be without words? Words bring us knowledge, hope, comfort, and help us communicate love and care. Take some time to find your words, your voice.

Have you experienced the emotional and physical benefits of journaling? Studies suggest only 20 minutes a few times a week can boost your immune system, relieve stress, refocus your perspective, and diminish persistent anxiety.



Journaling can include many forms of expression, to include understanding your feelings, focusing on gratitude, and Bible journaling to remember the ways God moves through your life.

Try finding a podcast to encourage and inspire you in your writing. Read the Bible and let the Holy Spirit whisper Psalms 33:4 in your ear, "For the word of the Lord is right and true; he is faithful in all he does."





# Recommended Podcasts



## PRAYER STARTERS

WITH SUZANNE ELLER

AVERAGING AROUND 3 MINUTES, THESE LITTLE GEMS WILL BEGIN YOUR CONVERSATIONS WITH GOD.

## THE BIBLE IN A YEAR

IN THE BIBLE IN A YEAR PODCAST, FR. MIKE SCHMITZ WALKS YOU THROUGH THE ENTIRE BIBLE, PROVIDING COMMENTARY, REFLECTION, AND PRAYER ALONG THE WAY.

## MORE THAN SMALL TALK

WITH HOLLEY GERTH, SUZANNE ELLER, AND JENNIFER WATSON, AUTHORS AND REAL-LIFE FRIENDS, INVITE YOU EACH WEEK TO GO DEEPER, BECOME FREER, AND FEEL MORE CONNECTED.



# Journaling Benefits

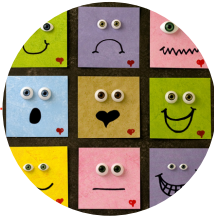
1



## MANAGING STRESS & ANXIETY

Just a few minutes a day can help you get things out of your head and on to a piece of paper. This helps put things in perspective and makes them more manageable. Try the free-writing technique.

2



## PROCESSING EMOTIONS

If we push down or bottle up our emotions, we could be setting ourselves up for a volcanic eruption of emotions later on. Try the expressive writing-technique to let your emotions flow and avoid a backup!

3



## ENCOURAGE POSITIVE AWARENESS

Gratitude journaling is a nice way to keep focused on the positive and let go of the negative. Having a bad day doesn't mean it's a bad life. Sunrise follows every dark night!

4



## BOOST PHYSICAL HEALTH

Keeping lists and staying organized can minimize stress, lower blood pressure, and help plan time for physical fitness activities too. Try bullet journaling in fun weekly or monthly formats.

### Tip

Find resources for journaling instruction, prompts, and ideas on [Pinterest](#).



## PAIN RELIEF

# DIY Cold Therapy Pillow

How do you take time to pamper yourself? A warm bath? A spa treatment? Making time for your favorite physical activity? We work hard at taking care of others. It is important for us to schedule a little time for pampering every day.

This DIY project creates help for those days when you have a tension headache or muscle cramps. Some cold therapy, with soft music and aromatherapy added in, may be the restorative activity you need! Grab your little pillow and take 15 minutes. You deserve a break!



As a bonus, the bit of hand sewing on this project is a relaxing activity! BTW: you see a small glimpse of my kitty Rusty's head in the lower, right hand corner of the top photo. He wouldn't sit still long enough for the other photo, so I found one with a stunt double.

Our resident self-care expert, [Teawater](#) would advise: enjoy small moments of peace and relaxation. The world can wait!



# Directions

1



## GATHER STUFF

You will need: 1 washcloth, color matching or contrasting embroidery floss or thread, needle, scissors, and regular unpopped popcorn.

2



## SEW

Fold the washcloth in half longways, right sides out. Using a whip stitch, sew the long and one short side of the cloth together, leaving one end open.  
(I used two strands of embroidery floss.)

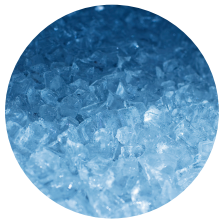
3



## FILL & FINISH

Fill your bag with the popcorn. Leave room for the bag to move as needed.  
Whip stitch the open side closed.

4



## FREEZE

Store and freeze in a zippered freezer bag until ready to use. Avoid getting your pillow wet. You don't want moldy popcorn. Ew!

sewing  
Tip

Learn to whip stitch from this Hobby Lobby video:  
[https://www.hobbylobby.com/DIY-Projects-](https://www.hobbylobby.com/DIY-Projects-Videos/Sewing/Learn-to-Sew--How-to-Sew-a-Whipstitch-Video/p/13_3371_learn_to_sew_whipstitch_video)  
[Videos/Sewing/Learn-to-Sew--How-to-Sew-a-Whipstitch-](https://www.hobbylobby.com/DIY-Projects-Videos/Sewing/Learn-to-Sew--How-to-Sew-a-Whipstitch-Video/p/13_3371_learn_to_sew_whipstitch_video)  
[Video/p/13\\_3371\\_learn\\_to\\_sew\\_whipstitch\\_video](https://www.hobbylobby.com/DIY-Projects-Videos/Sewing/Learn-to-Sew--How-to-Sew-a-Whipstitch-Video/p/13_3371_learn_to_sew_whipstitch_video)

1 PETER 5:10

# Restore

"In his kindness God called you to share in his eternal glory by means of Christ Jesus.

So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation."





About Regular Girl Devos

# I'm Dana



I'm not a Bible scholar, just a regular girl on a mission to help people build a life of acceptance and peace in God.

I don't think my challenges in life have been that different from others. We are all dealing with stuff, from the consequences of past actions or decisions, to family issues, to self doubts and self-imposed prisons of judgment and unrealistic expectations.

I have been to some dark places mentally, but God has always been there, like a sliver of light shining along the edge of a partially opened door, beckoning me to come into His light-filled space. He is waiting there for you, too. He is full of the love, reassurance, and courage you need to find spiritual peace and accept that you are unique and needed.

Please join me in this prayer written by Billy Graham: "Dear God, I know I'm a sinner, and I ask for your forgiveness. I believe Jesus Christ is Your Son. I believe He died for my sin and that you raised Him to life. From this day forward, I want to follow Him as my Savior and Lord. Guide my life and help me do your will. I pray in the name of Jesus. Amen."

[Jesus said] "I am the door. If anyone enters by me, he will be saved..."  
John 10:9, ESV



# Health Disclaimer

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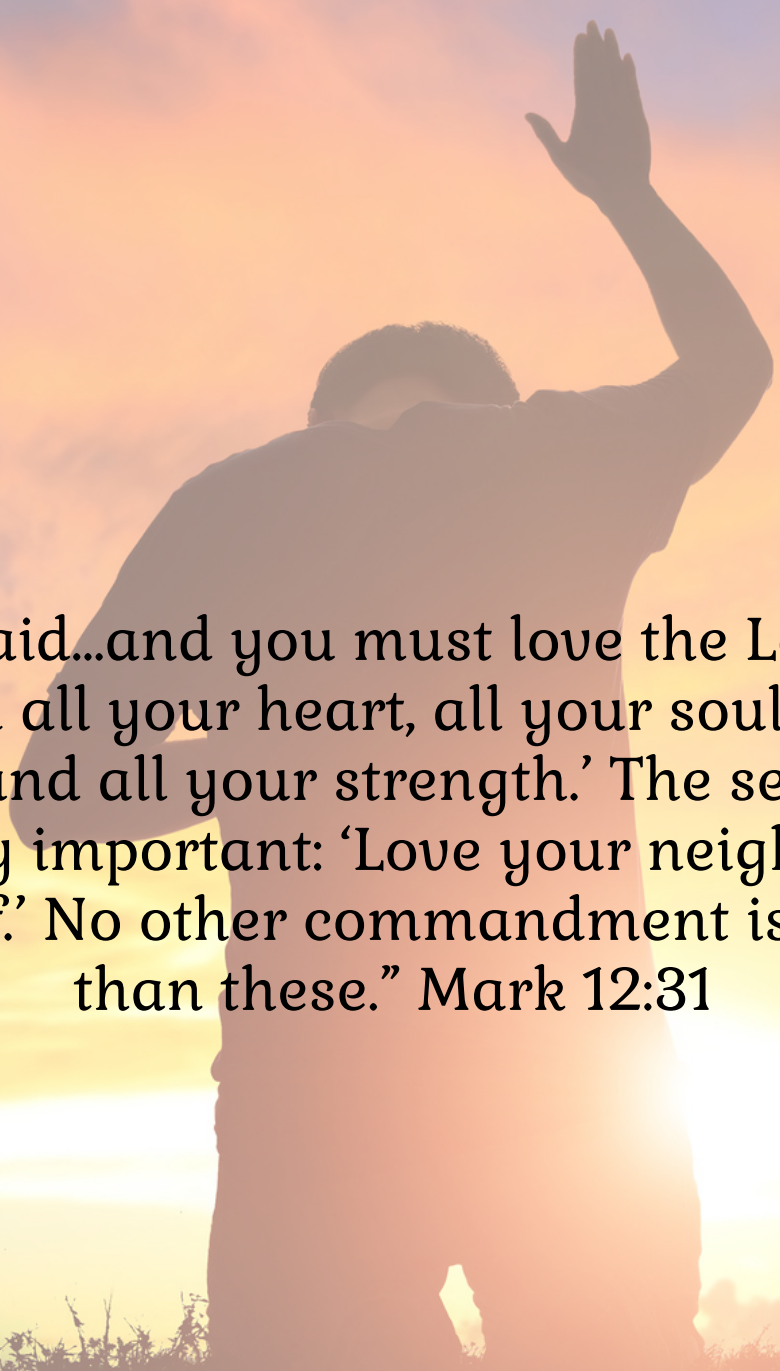
You are solely responsible for any products you make by utilizing the recipes on Regular Girl Devos. We take no responsibility for your end products and you agree to take full responsibility for your own end products by using this site.

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# Self-care...

is not selfish when  
God is your first  
love!

A silhouette of a person standing with their back to the camera, arms raised in a gesture of prayer or praise. The person is positioned in the center of the frame, with their arms reaching towards the top right. The background is a vibrant sunset sky with warm orange and yellow hues, and some clouds are visible. The overall mood is peaceful and spiritual.

"Jesus said...and you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these." Mark 12:31