



# Be Active in Self-Care While You Remain in Trust and Hope



How grief can feel...

Like a vast ocean, with waves of great highs and terrifying lows. I always feel afloat and isolated in a great expanse.

Be active in Self-Care

Find what you need. I reached the point of feeling overwhelmed, so I made an appointment for counseling.

My acronym to focus on God's Word:

**TRUST**

Today Rest Under Sure Truth

To hold on to God's Promises of Peace:

**HOPE**

Hold On Peace Endures

God is with us:

"...we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls." Hebrews 6:18-19



Read the Post: [RegularGirlDevos.com](http://RegularGirlDevos.com)