

SURVIVAL GUIDE

SELF CARE WHILE SELF ISOLATING #1

We've prepared this document to love and support everyone either choosing to self isolate or involuntarily quarantined.

We pray these next few weeks are ones of intimacy with God, creativity and deepened community within the church and within your neighbourhood.

You are welcome to spread, copy, reinvent, rebrand, add or take away anything you like and make this your own!

This is our gift to you. /Stockholm Vineyard

Further resources coming to the website soon.

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A transformed city, one heart at a time

STAYING AT HOME CHECKLIST

FOOD

Do you have a way to get food and other essentials (prescription medication, cleaning supplies) delivered?

- Check out the food stores and pharmacies who will deliver to your door and know that there may be a longer delivery time than usual. (Examples in Sweden: Willys, ICA, Coop, Apotek hjärtat, Linas matkassa).
- Do you need help? You don't need to do this alone. Send out a few messages, ask a few different people, contact your local church! And when you show your neighbour you need help, you open the door for them to reach out to you.

ENVIRONMENT

- Keep your home well ventilated with open windows.
- Open all your blinds and let the sun in.
- Maintaining a tidy and clean environment will help to boost your mood, even if it doesn't feel like a priority when home alone.
- Regularly change which room you spend time in.
- If you are able, spend time in your garden or even taking care of plants in your home - working with soil is especially good for your soul :)

ROUTINE

Routines are a vital aspect of self care, either following your usual ones as much as possible, or if you've been wanting to nurture healthier habits, now's the time to make small adjustments, and keep consistent.

- Get up and dressed and follow your usual or newly improved morning routine / go to bed and follow your night time routines at the same or newly improved times.
- Differentiating between day and night will really help, so try not to spend a lot of time in bed.
- Have regular mealtimes and a plan for how much snacking you want to do!
- Try making a schedule for the day with plans for a variety of activities
- Set goals for what you want to complete during the day, even if they're only small tasks and let others know what they are and when you've achieved them, to celebrate even small 'wins' and achievements.

✓ EXERCISE

Try to move around and get some exercise while at home. This could include;

- Following home workout videos
- Putting on music and having a crazy dance party, even if it's only for five minutes.
- Walking up and down the stairs
- Regularly switch between standing and sitting and stretch whenever you do

✓ CONNECTION

- Try and schedule phone calls and video calls with different people each day
- Reach out to people who maybe have fewer people to talk to.
- Call the old friend/family member you hardly see and have a proper conversation.
- Be aware of whether social media is helpful or causing more anxiety, and try to limit your scrolling time. It can give a greater peace to choose a few reliable sources of information and decide the time of day you want to review them.
- Don't forget the people right in front of you! Others in isolation together with you, or neighbours you can wave to through your window.

✓ ENTERTAINMENT

We've made a big list of Netflix Alternatives on the next page, with some suggestions of inspiring and engaging resources! You could also:

- Take on one of the DIY projects you've been meaning to get to!
- Browse your bookshelves and pick out the book you've been wanting to read.
- Try new recipes - if you're missing an ingredient, google probably has an alternative! :)
- Listen to Audio books - you can get one free when you sign up to Audible!
- Start/ continue to plan for a future trip and adventure!
- Download Duolingo and start learning a new language to learn!

✓ FRESH AIR & DAY LIGHT!

30 minutes out in the daylight has significant benefits to wellbeing!

- Can you get outside early in the morning before others are out? Maybe you have a porch or balcony you could be out on, otherwise sitting right in the sunlight by an open window!
- Check the weather report and make sure to book in a soak in the sun moment for yourself in the sunny spots!

For more tips...

To read more about looking after your mental health during self isolation visit <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

NETFLIX ALTERNATIVES

WORK THROUGH AN ONLINE COURSE

In depth teaching which you can work through from home:

- **The Prayer Course by Pete Grieg and 24/7 Prayer:**
<https://prayercourse.org/sessions/>
- **The Suitcase:** Mission Lifestyle Training Videos
<https://thesuitcase.org/>
- **The Bible Project Classroom:** Graduate Level Theology Classes to aid church and ministry leaders in their study and teaching of the Bible as a unified story that leads to Jesus.
<https://bibleproject.com/classroom/>

PODCAST RECOMMENDATIONS

All available on Spotify!

- **Fire & Fragrance Podcast:** Teaching from one of YWAM Kona's DTS courses
- **Bible in One Year:** 365 bible readings with commentary from Nicky Gumbel, founder of Alpha
- **Vineyard Churches UK & Ireland Podcast:** Inspiring talks from Vineyard national events and seasoned leaders
- **Bible Project:** In depth conversations about theology
- **The New Activist:** International Justice Mission (IJM) interview activists and world changers tackling different areas of injustice

PERSPECTIVE & GOALS

AN INVITATION TO TRANSFORMATION

There are different ways to look at your current confinement: A 'necessary evil' or an opportunity for greater intimacy with God, creativity and deepened community within the Body of Christ (the church) and within your neighbourhood.

- **An invitation to prayer**

Cast all your anxiety on him because he cares for you - 1 Peter 5:7

Are you worried? - Tell God. Are you happy? - Tell Him. Are you hungry for more? - Tell him. Do you want to know what He thinks about you? - Ask Him. You can pray in words, worship, singing, dancing, drawing, knitting, cleaning, washing, painting, exercising. Get to know Him by quiet listening, by diving into scripture, by staring out of your window at a plant, a tree or the heavens. What are you grateful for? - Tell him. What do you need? - Tell Him. How have you experienced God? Who do you know Him to be? Who does the bible say He is - Tell him :)

- **An invitation to community**

Reach out to others! Don't separate yourself from the Body of Christ - Jesus planned in it's very design that those who follow Him would be His Body, and that no part of the Body existed in isolation to the rest. Christ has planned and designed that we would need each other; and that the beauty of our relationships would bare witness to HIM, because why else would we love another as we love ourself?

Christ said "...freely you have received, freely give". In Christ, in faith we have received family, belonging, identity, community, love, forgiveness. How can you use this time to freely offer a taste of all of that to those around you? To offer your neighbour community? To communicate value and worth to the one who feels they can do nothing. To invite others to participate in the will of God being done on earth as it is in heaven - even before they know the King! - Even as simply as inviting them to love your neighbours together with you as you go about loving them :)

- **An invitation to discipleship**

Share your love for God with someone else, and ask them to share their love of God with you! Ask a friend why they love Him, tell a friend why you love Him. Ask them why they trust Him; share with someone a time when He showed you He was faithful; when He showed you He was present; when He showed you He was Healer/ Restorer/ King/ the Rock/ merciful/ present/ Love.

Ask someone how their life demonstrates their love for God? Reflect over how someone could see Christ in yours - or ask someone who knows you what they think!

14 DAY LOVE FROM HOME CHALLENGE

- #Day1:** Write emails/ messages to three people telling them why you're thankful for them.
- #Day2:** Find something among your possessions that you know someone else would really like and appreciate and put it aside to give to them.
- #Day3:** Ring your parent/ child/ that relative you rarely speak to and have a proper conversation.
- #Day4:** Write three positive online reviews for local businesses that you like - this really makes a difference.
- #Day5:** Ask God to highlight someone specific to pray for and then send them any prophetic words of encouragement that you receive - thoughts you had or any image that came to mind as you prayed.
- #Day6:** Make an uplifting sign to put in your window/ on your balcony to encourage others passing by! You could even decorate the whole window!
Extra great: post pictures of your sign/ window in the Vineyard Facebook group :)
- #Day7:** Love yourself by doing some research into one thing you've always wanted to do - a trip, a dance class, give yourself something to really look forward to.
- #Day8:** Order a gift to be delivered to someone else in isolation, or make a gift for them to give later - anything that would brighten their day or show them they are thought about.
- #Day9:** Go through your wardrobe/ storage and set aside clothes or other items you can donate to charity.
- #Day10:** Send an email of thanks and encouragement to the emergency service of your choice.
- #Day11:** Order a food package to be delivered to someone else's home
- #Day12:** Love the environment - find one thing in your home to up-cycle
- #Day13:** Make a Spotify playlist or share an ebook/ audiobook/ podcast/ Ted Talk with someone in quarantine.
- #Day14:** Send photos to someone who would really appreciate them - friends, family or neighbours, you'll know who!

QUESTIONS TO ASK YOURSELF EACH DAY

MORNING

- Three things I'm grateful for this morning?
- How am I intentionally going to spend time with God today?
- Who outside of my home can I bless today?

EVENING

- Where did I experience God today?
- How have I show kindness today?
- What can I do to demonstrate love to someone tomorrow?

CHECK OUT SOME WORSHIP MUSIC

HOLY GROUND - JEREMY RIDDLE

I RETURN TO THE CROSS - LIVE FROM COPENHAGEN VINEYARD

DRIVEN BY LOVE - LINDY CONANT

HOUSEFIRES III - HOUSEFIRES

GOOD NEWS - REND COLLECTIVE

MAVERICK CITY VOL.1 - MAVERICK CITY

TO THE ONE - UPPERROOM

WHAT THE BIBLE SAYS...

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.

Isaiah 40:26

Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing.

11 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Romans 8:38-39

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

John 14: 27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid

Psalms 23: 4-5

Even though I walk through the darkest valley I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalms 91: 1-2

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Psalms 27: 1-3

The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid?