

JENNY'S TOP 5

tips for Post-Traumatic Growth

1

Cling tight to Jesus. Even when you can't see Him, feel Him, or hear Him. He's there and wants to help you. In fact, He's already working behind the scenes to turn things around for your good in the end. Trust Him when He says, "I'll never leave you nor forsake you."

2

Cleanse your mind each day by taking a few minutes in the morning to chew on some of God's promises from scripture. If you find yourself dwelling on things you shouldn't throughout your day, then tell yourself, "No. That's not what God's word said." Then retrain your brain to stop the stinkin' thinkin'.

3

Fill your mind with good things to chase out the negative. Watch what you allow in your eye gates and ears. Listen to music that will uplift your spirit and help you on the journey. Be careful what you watch on tv, but also tik tok, social media, Facebook. How would you feel if Jesus were watching or listening with you?

4

Seek wise counsel when you need it. Don't let fear, shame, pride, or anything else, keep you from reaching out. We all need each other. Now's not the time to try and fly solo. Not sure where to find trusted professionals to help? Ask your Pastor, grief share group, etc... for suggestions.

5

Get plugged in to a local Bible believing church where you can experience the fellowship of loving community and support. If you're already a part of one, then praise God! Dig in deep roots there and allow God to help you through His people. None of these are rocket science but in the throes of grief they can seem unattainable. Remember: "I can do all things through Christ who strengthens me." Philippians 4:13

Start with number one and He'll help you with the rest!

Learn more at:

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