

Did you know getting exposure to sunlight in the morning can lead to a host of health benefits?

The reality for most of us is that our days must be largely spent inside. Between the demands of work and home, it is hard to find time to enjoy the great outdoors. However, making time to get outside can lead to:



- Better sleep patterns through the natural production of serotonin when it is light and melatonin when it is dark.
- Improvement in skin health as morning sunlight can help guard against potential damage.
- A boost in mood and mental health with the production of vitamin D and serotonin.
- A balance in hormones related to appetite and metabolism.

To fully enjoy these health benefits, studies suggest an optimal amount of time spent in the morning sun is 20-30 minutes, but even 5-10 minutes can still make a difference. Can you challenge yourself to a short walk before you head to work in the morning? Maybe sip your coffee on the porch instead of at the kitchen table – get creative and reap the benefits!

[Learn more here](#)

Do you find yourself caught up in the busyness and stress of life, everything moving so fast you can't keep up?

Is your mind burdened by the constant anxieties and pressure of trying to measure up? Our minds and bodies were not created for this state of constant anxiety. When you feel your heart rate increase, when your mind races, keeping you up at night, turn to prayer and meditation on what is true.

- **Meditate on a Psalm.** Psalms 16, 23, or 91 are great to turn to when you have a heavy and burdened heart.
- **Follow a guided meditation.** These free YouTube resources help guide you in prayer and scripture to allow you to fully rest in God's truth. [Practicing Gratitude](#), [Starting the Day in God's Presence](#)
- **Download the One Minute Pause app by John Eldridge.** "Based on the One Minute Pause chapter of his new books 'Get Your Life Back' and 'Resilient', this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you."



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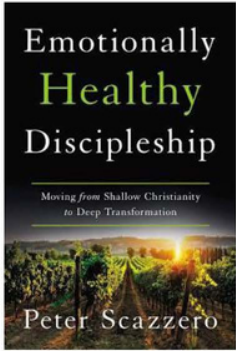


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You will keep him in perfect peace, whose mind is stayed on You, because he trusts in trusts in You.

Isiah 26:3

One of the EPC's Gospel Priorities is Church Health. Part of Church Health is the emotional health of its leaders. Join the EPC's pastoral growth cohort this April to learn more about this important topic.



EPC Pastoral Growth Cohort 2024

- Reading Peter Scazzero's latest book, *Emotionally Healthy Discipleship*
- Sharing the realities of life and ministry and supporting one another in prayer

- Led by Jerry Van Auken, retired EPC pastor and trained life coach: www.coachingbyjerry.com.

Jerry knows the joys and challenges of ministry and has experience with facilitating online discussion groups for the annual WBECS Summit.



- April through August 2024
- 2 Tuesday mornings per month, 10:00-11:30 AM Eastern
- \$300 fee to join: [Register here!](#)



Scan to register

Schedule: All Zoom meetings 10:00-11:30 AM Eastern	
April 16	Welcome to Cohort & EHD Intro
April 30	EHD Chapter 1
May 14	EHD Chapter 2
May 28	EHD Chapter 3
June 11	EHD Chapter 4
June 25	EHD Chapter 5
July 9	EHD Chapter 6
July 23	EHD Chapter 7
August 6	EHD Chapter 8
August 20	EHD Chapter 9/Takeaways

Does the winter bring out your inner hibernation mode?

While cold temperatures and short days can make it hard to stay active, moving your body is as important as ever during the colder months and can help combat those winter blues.

- **Take advantage of a sunny day.** Live in a region that doesn't see much sun in the winter? When the sun comes out, bundle up and spend some time in the fresh air enjoying a walk.
- **Use the stairs.** We all know the stairs are better for us than an elevator, but sometimes it is just too easy to hit a button and ride all the way to our destination. Get a quick heart-rate boost by using the stairs next time.
- **Follow a workout video on YouTube.** There are so many free workout videos. Search for your favorite type of exercise and get your sweat on!
- **Find a winter hobby.** What better way to embrace the cold months than with a fun winter activity such as cross-country skiing, ice skating, or sledding with your kiddos.

Make the winter a little less blue this year by keeping your body moving!