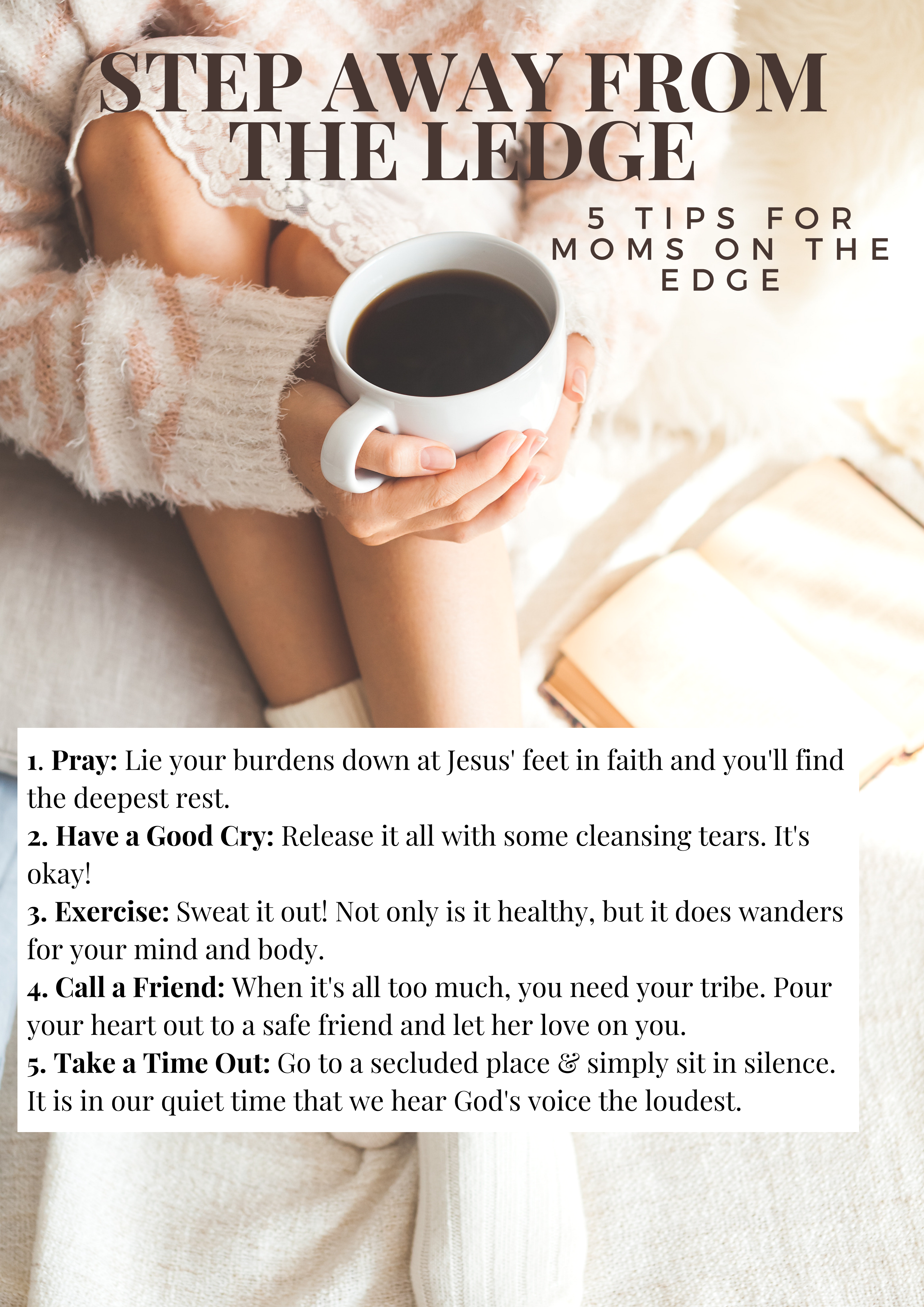


STEP AWAY FROM THE LEDGE

5 TIPS FOR MOMS ON THE EDGE

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- A person is shown from the waist down, sitting on a light-colored, textured surface. They are wearing a white and orange striped sweater with a fuzzy cuff. They are holding a white ceramic cup filled with dark coffee with both hands. In the background, there are some books or papers scattered on the surface.
- 1. Pray:** Lie your burdens down at Jesus' feet in faith and you'll find the deepest rest.
 - 2. Have a Good Cry:** Release it all with some cleansing tears. It's okay!
 - 3. Exercise:** Sweat it out! Not only is it healthy, but it does wonders for your mind and body.
 - 4. Call a Friend:** When it's all too much, you need your tribe. Pour your heart out to a safe friend and let her love on you.
 - 5. Take a Time Out:** Go to a secluded place & simply sit in silence. It is in our quiet time that we hear God's voice the loudest.