



# ADVENTURES WITH ORLA

**10 Things to do to Take Care of You**  
**by: Kate McGrath**

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# I. TAKE TIME TO REST

*“Come to me, all you who labor and are burdened, and I will give you rest.”*

*~ Matthew 11:28*

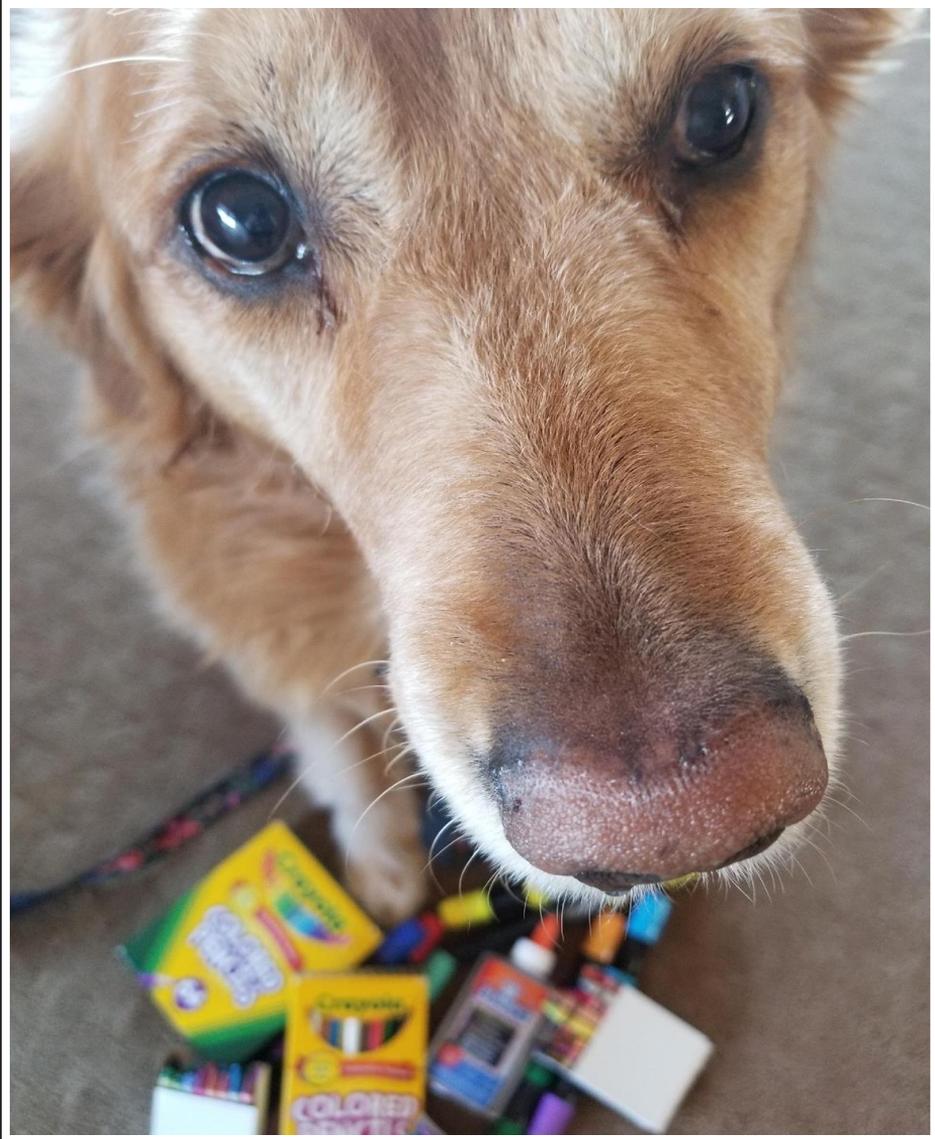


*Orla's Tip:*

Find time each day to rest and relax so that you can be your best self all day long!

## 2. BE CREATIVE

*“There are different kinds of spiritual gifts ... God produces all of them in everyone.” 1 Cor 12:4-6*



*Orla's Tip:*

**Express your gifts by being creative.**

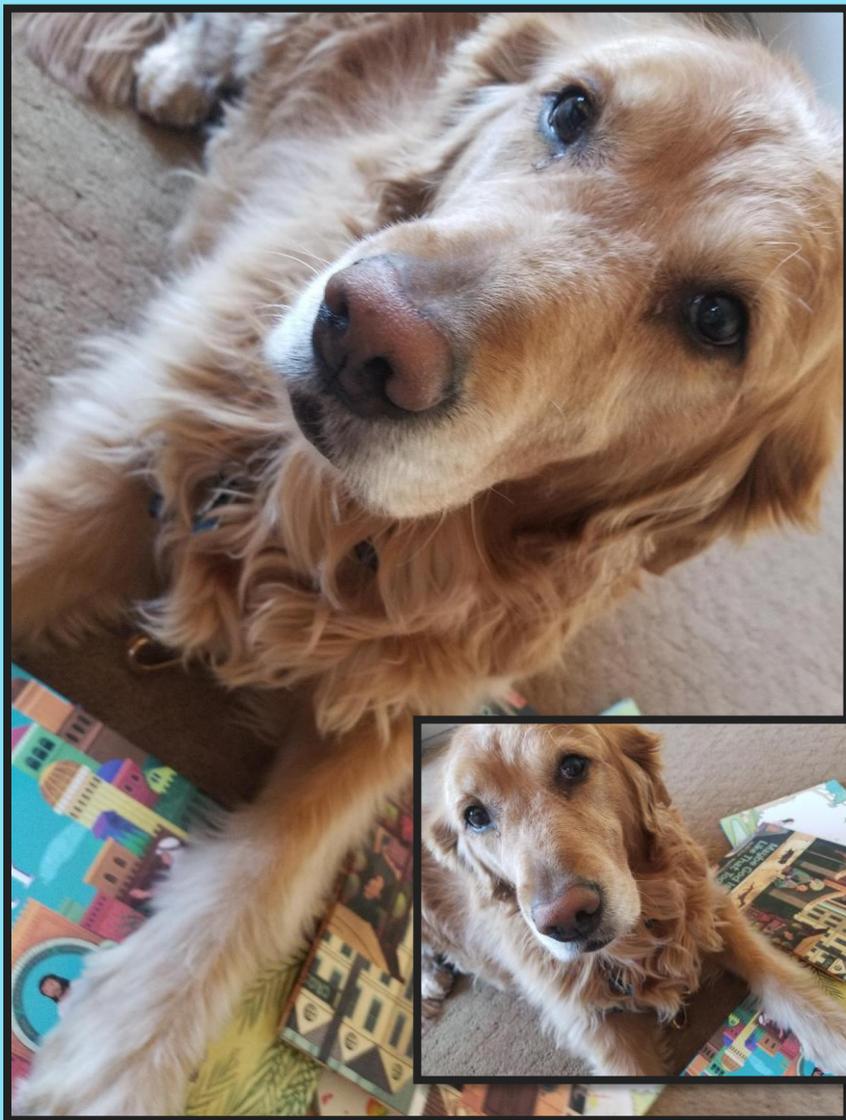
# 3. READ

*“The mind of the intelligent gains knowledge, and the ear of the wise seeks knowledge.”*

*~ Proverbs 18:15*

*Orla's Tip:*

**Be curious and read a book!  
Reading opens up our minds and hearts to adventure and wonder.**



# 4. ENJOY THE SUN

*“From the rising of the sun to its setting,  
let the name of the Lord be praised.”*

*~Psalm 113:3*



*Orla's Tip:*

**Enjoy the sun: the warmth and the  
light that it brings!**

# 5. KICK UP YOUR PAWS

*“This is the day the Lord has made, let us rejoice and be glad.”*

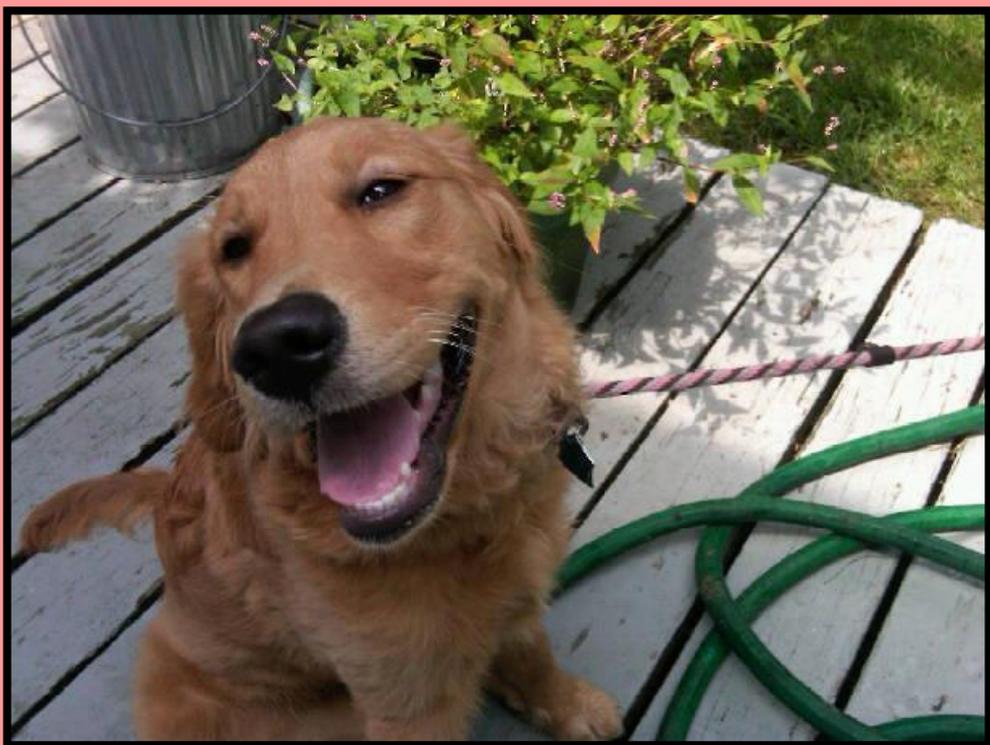
*~ Psalm 118:24*

*Orla's Tip:*

Welcome each day as it comes and remember that God is in control.



# 6. ENJOY NATURE



*“God has made everything beautiful in its time.”*

*~ Ecclesiastes 3:11*

*Orla’s Tip:*

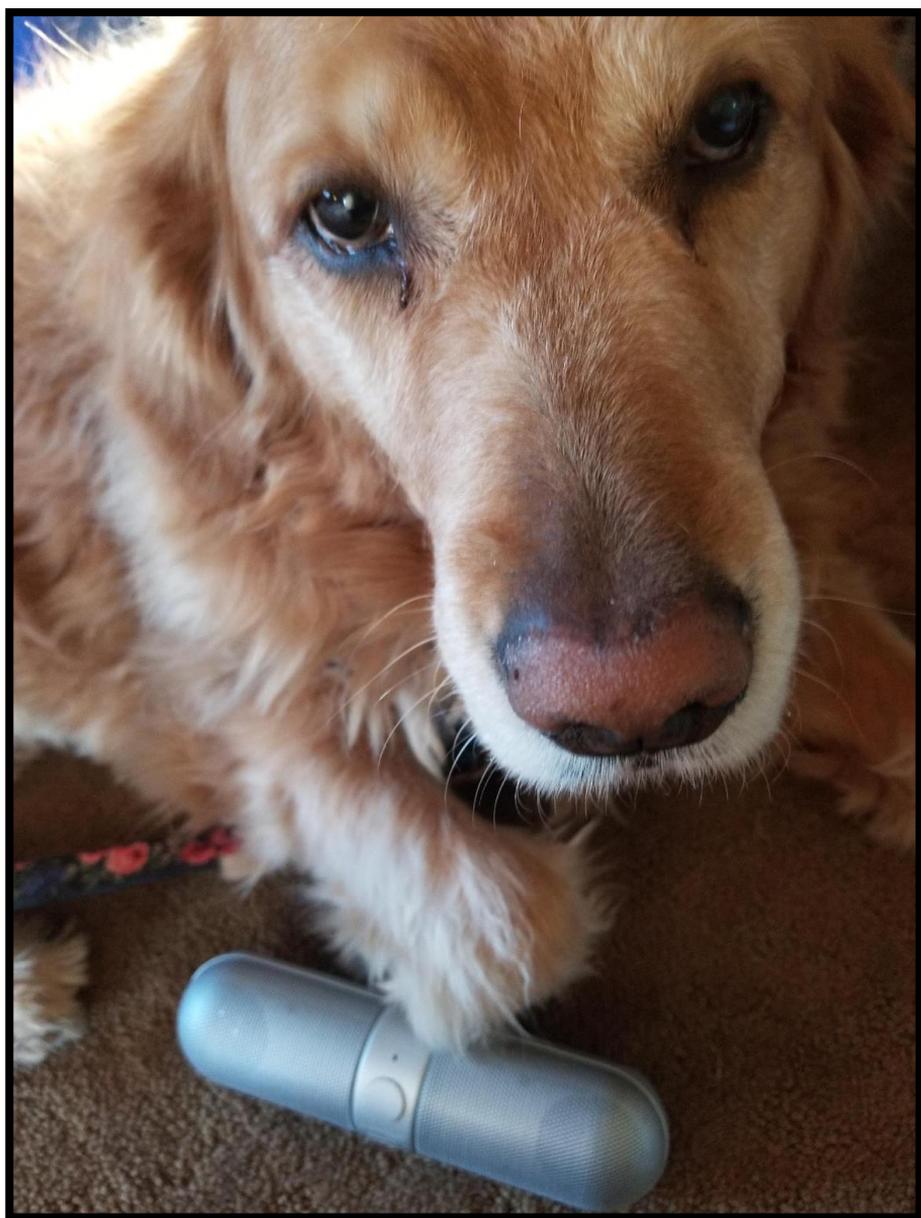
**Go outside and breathe in the air. See the beauty of God’s creation - all of the good that is around you.**

# 7. LISTEN TO MUSIC

*“Sing praise, play music; proclaim all God’s wondrous deeds.” ~Psalm 105:3*

*Orla’s Tip:*

Turn up your favorite tune and dance like nobody's watching!



# 8. SAY HI TO SOMEONE

*"..I was a stranger and you welcomed me."*

*~ Matt 25: 35*



## *Orla's Tip:*

**Welcome everyone that you see and greet them with a smile. Remember that we are all God's children.**

# 9. SELF CARE

**“Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.” ~3 John 1:2**



## *Orla's Tip:*

**Care for yourself by eating well and exercising, so that you can care for others.**

# 10. PRAY

***“I call upon You; answer me, O God. Turn your ear to me; hear my prayer.” ~ Psalm 117: 6***

## ***Orla’s Tip:***

**Remember to pray. Prayer brings us closer to God and brings us peace.**



# ABOUT ORLA

*Orla is a 10 year old Golden Retriever. She and her human have been a registered animal assisted pet therapy team for the past nine years, visiting nursing homes and hospitals.*

*Orla has a gentle personality and is always ready to give a hug, shake a paw, or have her belly rubbed. Like many animals, she has an abundance of curiosity and wonder.*

*In this short story, Orla shares her top ten tips for caring for oneself.*