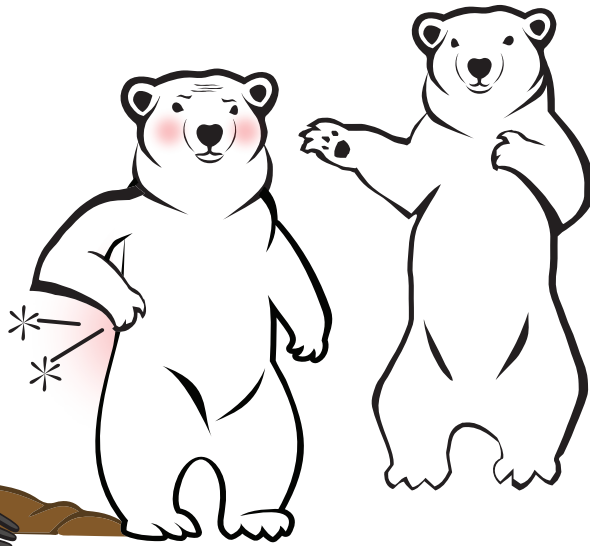




# Checklist of Soul Exhaustion Red Flags

When our spirit is worn down and our souls are crushed by the challenges of the world, red flags often emerge that tell us our soul needs feeding.



## WHAT ARE YOU EXPERIENCING?

- An overwhelming desire for sleep that does not relieve fatigue.
- Inability to experience joy or happiness.
- Loss of interest in things you loved to do.
- Your body aches.
- You daydream about running away to a different, more quiet life.
- Emotional numbness.
- Inability to empathize with others having a hard time.
- Experience of loneliness while also making excuses to be alone.
- Body fluctuating between feeling like a lead weight and being on the verge of collapse or meltdown.
- Constant dread.
- Life is on autopilot.
- Small tasks seem overwhelming.
- Feeling out of step with time.

Many of these changes may also be signs of depression or anxiety problems that are caused by physical or mental health conditions. If you are unsure, contact a medical professional.



For more information visit:  
<http://bit.ly/BowdoinMHMoments>