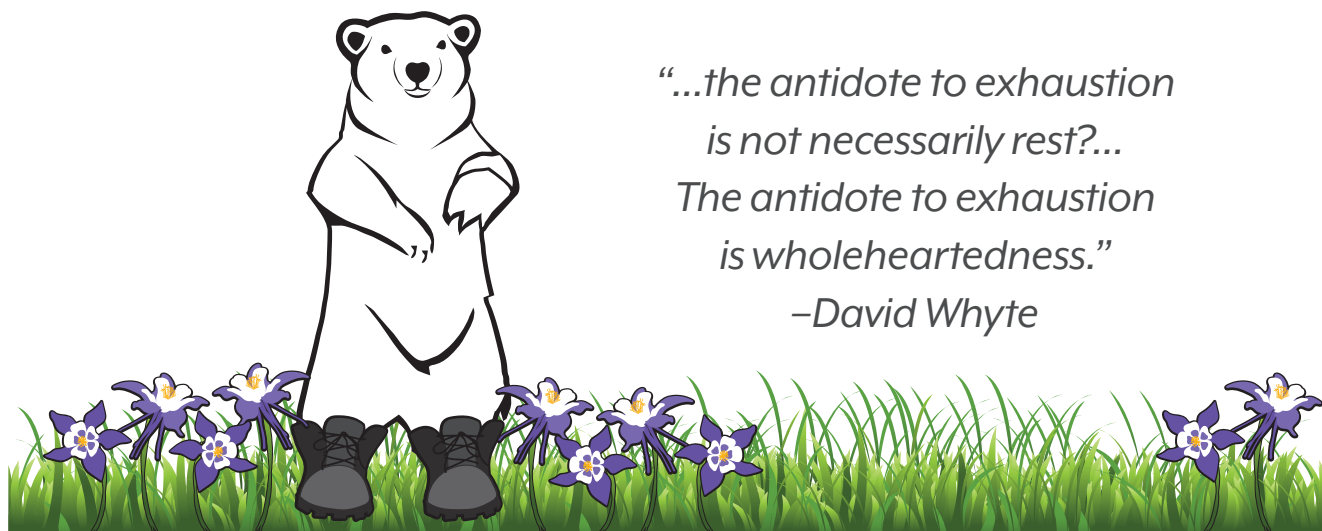




Soul Care



*“...the antidote to exhaustion
is not necessarily rest?...
The antidote to exhaustion
is wholeheartedness.”
–David Whyte*

When our souls are exhausted, we find ourselves constantly drained by the urgent things in our life that demand our attention. Should we get a moment of reprieve, we often succumb to the desire to escape by engaging in something that numbs us out.

*Soul care is about making time for spiritual
wellness during difficult times.*

Here are some practices for soul care:

- Prayer, meditation or other spiritual endeavors
- Create space for a silent retreat to listen to your small, quiet inner voice
- Connect to a sense of awe while in nature or immersed in the arts
- Engage in social justice or community volunteering
- Practice intentional acts of kindness with loved ones and strangers
- Explore a fresh perspective of wonder while observing children or animals
- Find rituals involving meaningful gestures, words, and objects, performed in a sequestered place
- Write about these experiences

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

