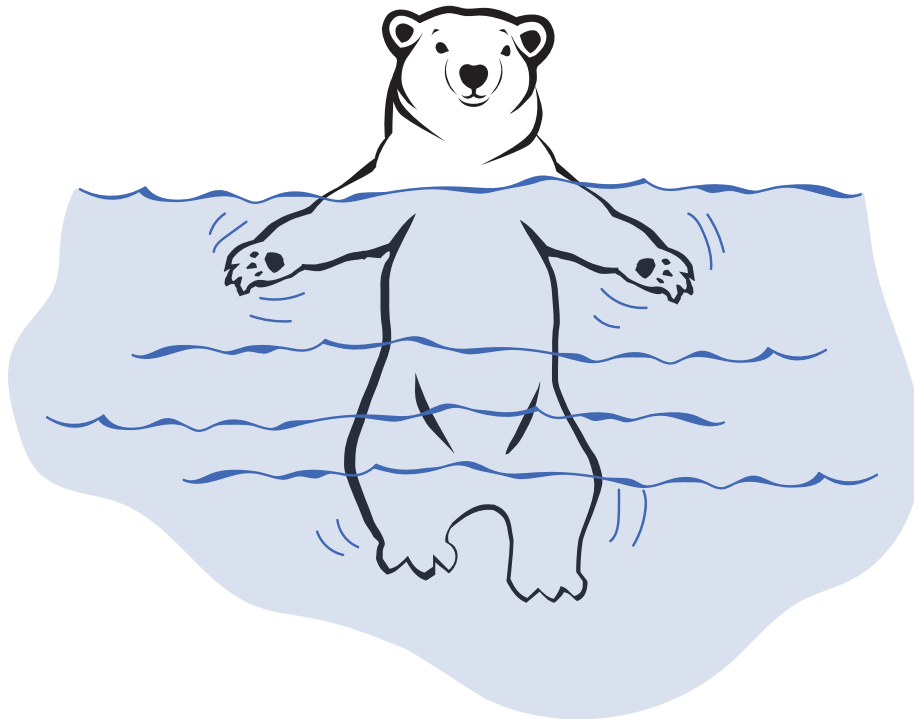




What is Soul Exhaustion?



The Greek word psyche, which the word psychology was created from, means “breath, spirit, soul or mind.” The concept of “Soul Exhaustion” explores the possibility that people’s struggles are caused by the intense stresses of our lives. In other words, when experiences like trauma, conflictual relationships and discrimination incessantly wear at our core, soul exhaustion results. Soul exhaustion will drain your spirit in a way you never knew possible.

Soul exhaustion can feel as if you’re treading water for hours while barely keeping your head above water. The reason for this is that our soul needs time to repair in the same way overworked muscles or broken bones take time to heal. When your soul is tired, it is often a sign that you are out of alignment with your purpose. Your inner flame is flickering out, and it’s time for some soul care.



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