When 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

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

For more information visit: