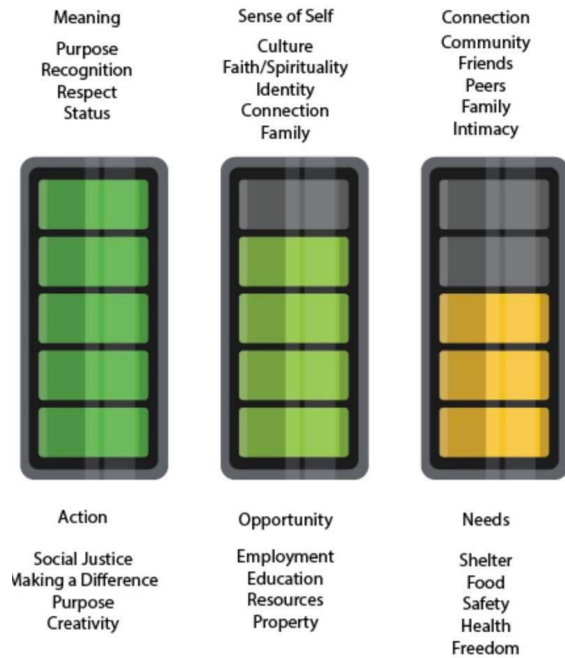


# Soul Care Essentials

Taking care of our soul can be easily compared to taking care of our body. Just like physical wellness, soul care is not a “one and done” act, it is ongoing maintenance. There are things we can do in small doses everyday (like taking vitamins) and things that are done less often because they’re more time consuming (similar to the hour workout at the gym). Soul Care is not a substitution for Self Care. It is a “yes, and” not an “either/or” approach. If our body feels terrible, it will impact our soul and if our soul feels terrible, it will impact our body.

## What Fills Us



Think of 3 things that you can do daily in under 15 minutes: (ex. meditation, yoga, sunsets, phone call with a friend)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Think of 3 things that can be done in under 30 minutes: (ex. walk, soak in the bath)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



Think of 3 things that have no financial cost but may take time: (ex. phone call, a walk, mediation)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Think of 3 things that fill your soul but must be planned either due to cost or time. (ex. theatre, travel)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

