



Soul Care



**I can't be who I'm
called to be if I
don't take care of
who I am.**

@DOUBTINGBELIEVER

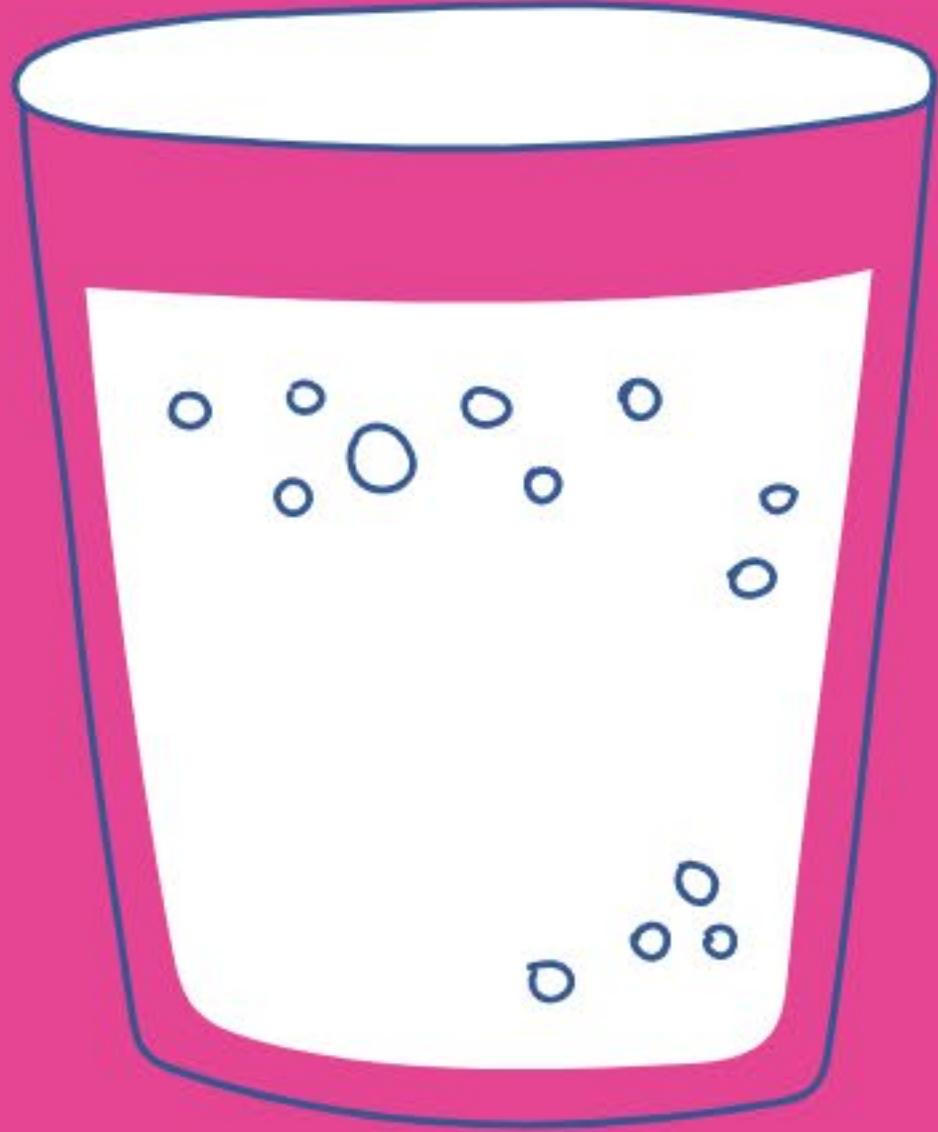
Three Warning Signs

Physical Symptoms

Mental Distractedness

Lack of Joy

Five Self/Soul Care Shifts



No Phone First Thing

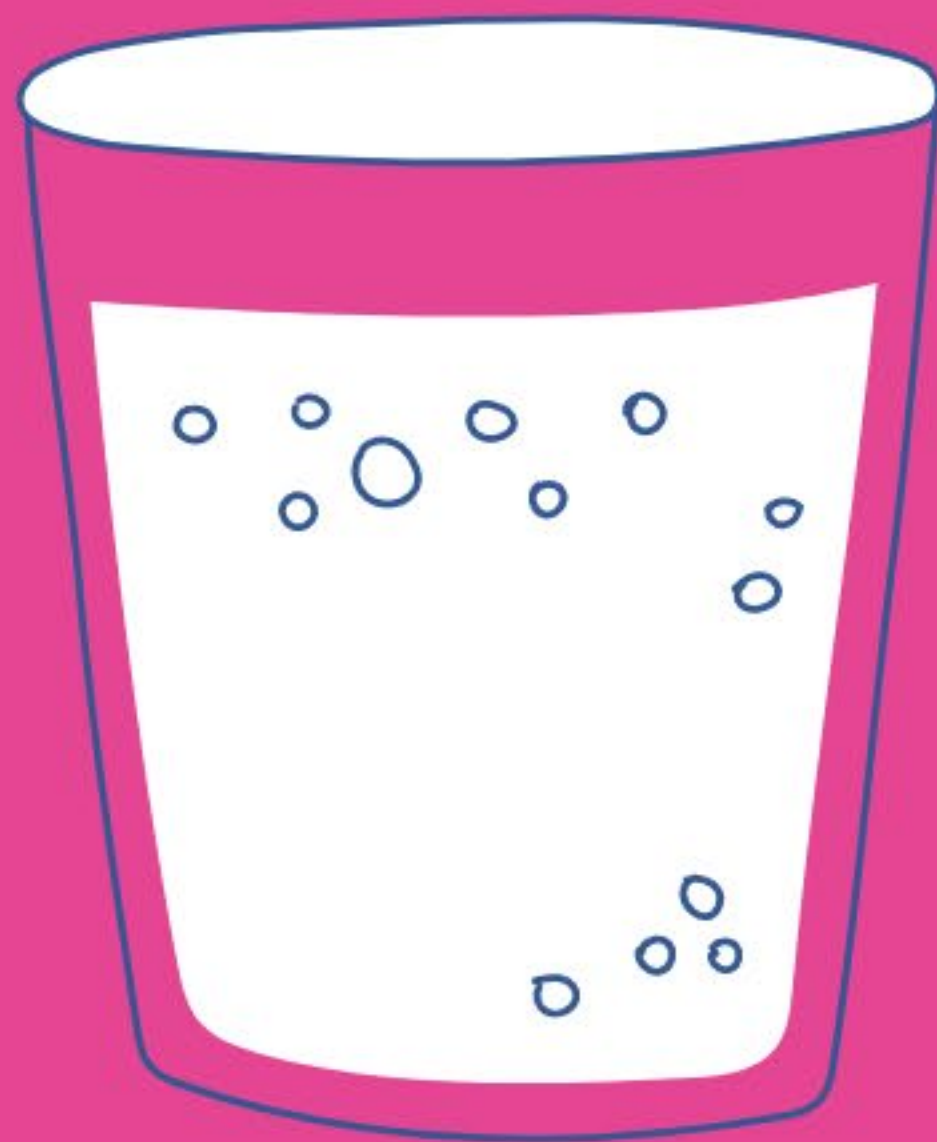


Hijacks your whole day

Starts your day with other people's agendas, information and opinions, rather than beginning it with your own priorities.



Drink Water



DEHYDRATION

- Affect short-term memory
- Impair cognitive skills
- Increase instances of
 - Fatigue
 - Anger
 - Confusion
- Decrease in
 - Energy
 - Endurance
 - Motivation



Get Moving



MOVE

- Walk
- Bicycle
- Dance (like nobody's watching)
- Stretch/Yoga
- Play frisbee with your kids
- Play fetch with your dog
- Do some serious cleaning (almost never my choice)

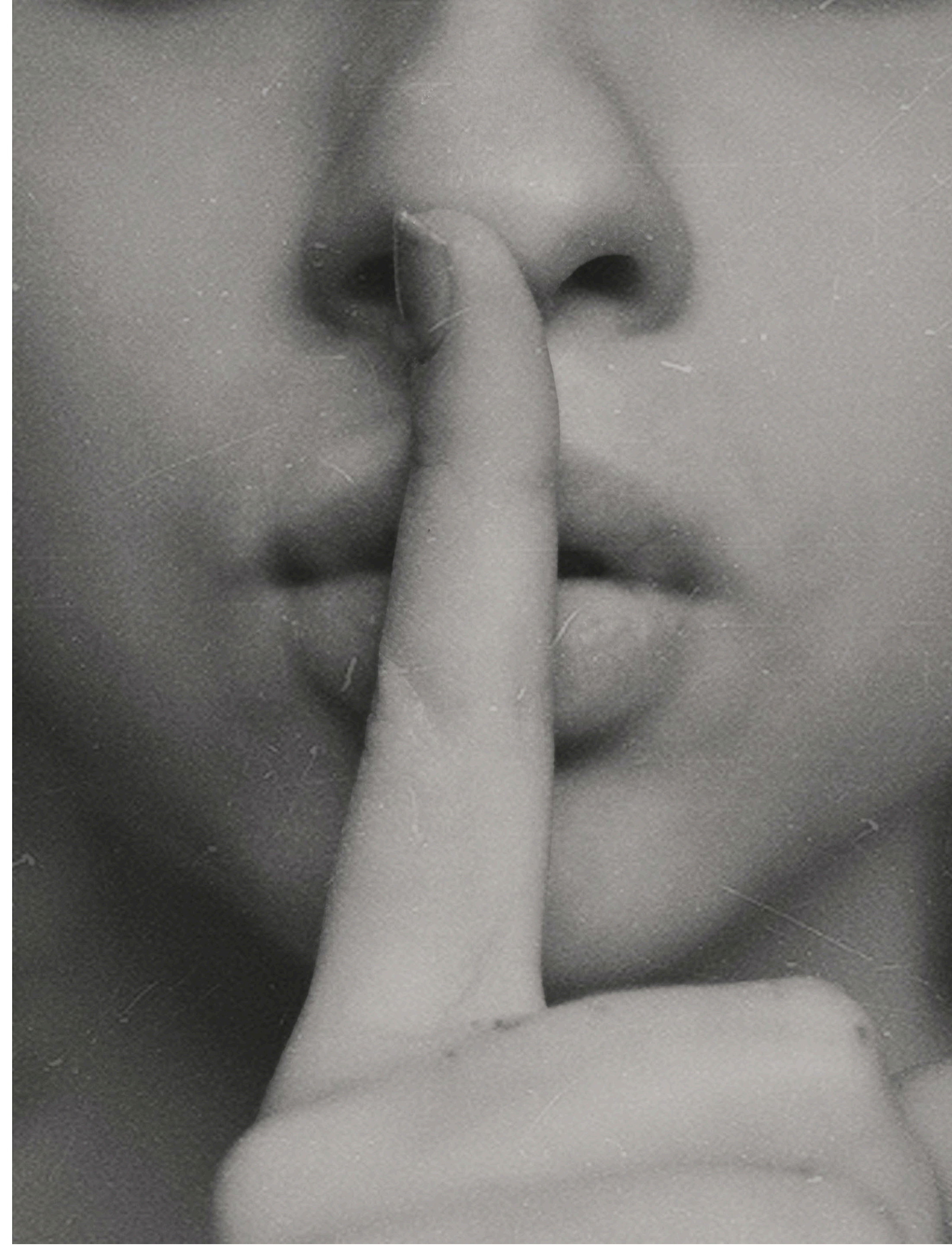


Practice Silence



FIVE MINUTES

- Five minutes? Can five minutes make a difference?
- Yes!
- Just five minutes can help our brains recharge, revive and make better connections.
- Even five minutes take practice



Bedtime Ritual



BEDTIME RITUAL

Create a ritual that you do every night before you go to sleep.

It can be as simple as washing your face and brushing your teeth

Or as elaborate as lighting a candle, walking around the dining room table three times and howling at the moon.

It just needs to be the same thing every night—and not involve anything with a screen.



Five Self/Soul Care Shifts

