7 SPIRITUAL HEALTH HABITS

THE DAILY CHECK IN

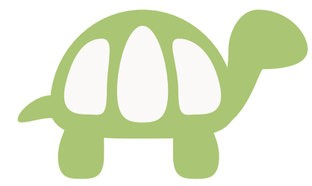
How are you feeling right now, physically, emotionally, mentally, and spiritually?

TAKING A BREATHING SPACE

When you feel restless, doubtful, overwhelmed or frustrated, remember to pause and breathe.

MOVE MORE SLOWLY

Rushing often leads to mistakes!
Remember to enjoy the moment.



GET ENOUGH REST

Ask yourself, “Am I getting enough sleep?; ”Am I doing too much?”; “What can I let go of?”

PRACTICE GRATITUDE

What are three things you are grateful for today?

LIVE ONE DAY AT A TIME

Staying in today can make the big things feel smaller.

BE KIND

A kind word or deed, no matter how small, has great power to uplift someone else.

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