5 WAYS TO HEAL YOUR SPIRIT

Our spirit is the spark of life within us that rules our emotions, provides our motivation, and essentially makes us who we are.

BE GIVING

To lift our spirits, we must seek to replace the negative emotions with positive ones and being charitable can actually help us find these po sitive emotions. The act of giving materially or donating our time to a worthy cause can produce feelings of happiness, contentment, gratitude, and a boost to our wellbeing. The smile on the face of someone you have helped is contagious and it is very healing to the spirit.

RELEASE FRUSTRATIONS

When we try to dull ourselves to negative emotions, we also become numb to the happy ones. In order to deal with the things that crush our spirits we have to face them and express them. Do not hide from your negative emotions, instead work through them, process them and leave them behind. This will help you heal emotionally and spiritually.

GET INTO NATURE

A walk in nature is beneficial for both mind and body. The quiet of the outdoors can be as soothing as the fresh air you breathe in. When your spirit is feeling battered and bruised, find some time to connect with nature. Take in the beauty, stretch your legs, and clear your mind of negative thoughts.

FIND A CREATIVE OUTLET

Doing something artistic takes a lot of focus and can be very calming. It can be anything from writing, drawing, painting, sculpting, photography and more. When we spend time creating something it allows us to escape our negative emotions and heal our souls. It can also allow us to express hidden emotions.

SPEND TIME WITH PEOPLE

- Provides a feeling of belonging and purpose
- Boosts positive mood and happiness
- Decreases stress
- Boosts self-confidence
- Provides support and help
- Inspiration to avoid unhealthy lifestyle choices

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