



## SOUL CARE

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### SESSION FOCUS & GOALS

- To have attendees be more attentive to the issues of the "heart."
- To gain a greater insight into themselves and the world around them.

### Objectives

1. To provide attendees with tips and practices to better take care of their "soul."
2. To discuss and provide practical ways to gain insight into not only oneself, but also the world (environment), resulting in greater peace of mind and stability.

### Discussion

#### Ask Attendees:

How is your soul doing? Are you taking care of your soul? Allow attendees to share their answers.

#### What is Soul Care?

Most are familiar with self-care. State the difference between self-care and soul care. \*Self-care and soul care are different. Soul care is much deeper than self-care. It is the care of the *inner* you, valuing yourself and your place in the universe. It is the care of the whole person...not just our physical well-being, but also our emotional, psychological, relational, and spiritual health as well. Soul care is allowing our spirit to guide us to enriching life experiences that feel good, exciting, and nourishing.

Note: Self-care is made up of tangibles - actual things you can touch with your fingers, made of scientific matter in life (like creams, salts, massage stones, diffusers, bubbles, journals, and candles). Soul care is

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made up of intangibles - things in life that truly matter (like love, gratitude, and what you can't quite put your finger on).

We "Vesties" (vestibular patients) are good at self-care" taking meds, going to the doctor, and completing vestibular rehabilitation therapy. However, it can be harder to take care of yourself on the inside. How many of us are really taking care of our soul? Ask, why is taking care of your soul important?

### **Soul Care is Important**

- Soul care helps to change perspective from negative and depressive thinking.
- Our wellness begins and starts on the inside of us.
- Soul care equips us to meet some of the challenges that come from living with a
- vestibular disorder.
- Soul care is a critical part in the healing and restorative journey that makes living with a vestibular disorder a lot easier.
- Soul care can improve overall health.
- Soul care is a deliberate practice of paying attention to your physical, mental, and emotional health.
- What are you seeing, what are you telling yourself? Caring for your soul is about saying and doing the things that leave you stronger, wiser, more joyful, and more peaceful.

### **Ways To Take Care and Guard your Soul**

- Be intentional, be separate, be prepared, be authentic, be real, and be honest with your
- emotions.
- Find your passion, do what you love.
- Fill your mind with positive insights.
- Stop and ask yourself what leaves you feeling stronger, wiser, and more peaceful, and what leaves you anxious, angry, or stressed?
- Find quiet time. Create a space to listen to yourself.
- Be creative, paint, draw, color (release your imagination).
- Get out and connect with nature, go for a walk, relate to your environment.
- Tell and share your story.
- Engage in the arts.
- Listen to music.
- Play and laugh. Have fun!

### **Tips: How to Practice Soul Care**

- Meditate/pray (calm your nerves and connect with your higher power).

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- Practice gratitude: find 1 or 2 things to be thankful for and write them down on paper.
- Find a way to serve someone.
- Paint or draw what you are feeling.
- Color in an adult coloring book.
- Read and or write poetry.
- Say (daily) words or affirmations and right them down or download an affirmations app to your phone.
- End your day stating one thing you were able to accomplish today.
- If you can, take a walk or sit outside on a bench.
- Pamper yourself with a massage, haircut, manicure, or pedicure.
- Play a game.

Ask attendees if they have anything to add to the tips to share.

#### **Other Soul Care Practices (activities)**

- Watch a candle flame.
- Use a scented essential oil. Rub it on your hands and wrists and sit quietly. When you get distracted, smell your wrists, and refocus your mind.
- Listen to the same instrumental song every single day.
- Count your breaths, inhale 1, exhale 2, inhale 3, exhale 4 and so on. Only count to 10, then start back at 1. Repeat for ten minutes.

#### **Closing: Take the Soul Care Challenge**

Encourage your attendees to commit to doing at least one or two of the practices or activities for 5 to ten minutes a day for 30 days, to see how their outlook and overall wellness improves. Have participants share this experience at your next meeting.

Fill your mind with wise and positive inputs. Successful spiritual soul-care requires ongoing nourishment from reliable sources. Find your joy. Be sure to make time to nourish your soul.

References: <https://vestibular.org/blog/soul-care/>

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