



# Spiritual Self-Care

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# Objectives: By the end of this ✨ slideshow



## How

Spiritual self-care can be used to help you.



## Why

Spiritual self-care is important in holistic health.



## What

The spiritual health benefits are and what exactly spiritual health is.



## When

Spiritual self-care can be used in practice and to its best ability.



# INTRODUCTION

Spiritual self-care refers to nourishing our inner being and taking care of the matters of the heart.



# Usefulness



## Physical Health

Spiritual exercises have been known to help your mental but also physical health.



## Self development

Taking time to yourself can be very beneficial

## Meditation

Allowing your mind to relax and reset during meditation can give you a sense of calm and peace

## Breath work

This allows you to de-escalate and de-stress.



# Health Benefits of Meditation



## Healthier Heart

Lowers blood pressure and blood sugar



## Better Sleep

Studies show that meditation helps with falling asleep



## Happiness

Many tend to be way happier and at peace when participating in meditation



## Increased alertness

Meditation can help with alertness when taking test when done before.



# Examples of Spiritual Care



## Place

Find a peaceful  
place to quiet the  
mind



## Reflection

Reflect from  
what's bothering  
you



## Intention

Be mindful to  
yourself remember  
life will life



## Connect

Connect with  
your inner self



## Presence

Enjoy being in  
your own  
presence



## Receive

You will receive  
peace at the end  
!



# Meditation



Meditation is an overall good form of spiritual health:

- Benefits mental and physical health
- Helps clear the mind
- Stress levels decrease and Happiness Increases



# FIRST STEPS TO START



Define a time  
and find a place

Find a nice and calming spot where you can free yourself and release all your worries and problems!



Set your  
intention

Play your favorite calm music think about all that you have accomplished for the week .Even the little things count!

Connect with  
your beliefs

Try to feel connected to one's self enjoy your own company and peace.







# CHECKLIST: ACTIVITIES

## Activities

- Opening meditation
- Bubble Bath and Candle
- Spiritual yoga
- Journaling
- Reading Spiritual Books
- Listening to Calming Music
- Stretching





# THINGS YOU MIGHT NEED

Candles, bowls, tea and crystals **can** all be used to practice spiritual self-care, however, you do not **have** to use all of these examples to be considered spiritually self-aware.

1



Candles

2



Bowls

3



Tea

4



Crystals



7 days

Of meditation can  
make you feel  
rejuvenated.



15 Deep breaths

Can reset your mind  
when feeling  
overwhelming emotion.

50 minutes

Of silence can help you  
focus for the rest of  
your day.



# PRACTICAL EXERCISE

Answer this out loud:

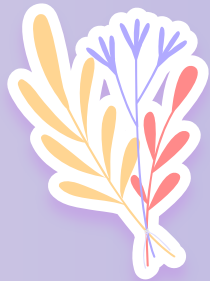
How you are presently doing?

How have you experienced peace lately?

What has been life-giving?

What things are presently occupying your mind?

What are your thoughts and insights?



# Resources



## WEB ARTICLES:

“Nurture yourself from Sun to Sun.” *Yoga Journal*, Dec. 2017, pp. 34–37. EBSCOhost, [research.ebsco.com/linkprocessor/plink?id=fa94882f-98c4-3e8b-9261-d5f91909ff65](https://research.ebsco.com/linkprocessor/plink?id=fa94882f-98c4-3e8b-9261-d5f91909ff65).

Savel, Richard H., and Cindy L. Munro. “Quiet the Mind: Mindfulness, Meditation, and the Search for Inner Peace.” *American Journal of Critical Care*, vol. 26, no. 6, Nov. 2017, pp. 433–36. EBSCOhost, <https://doi-org.ezproxyprod.ucs.louisiana.edu/10.4037/ajcc2017914>.

Foley, Denise, and D. F. “Find Calm in the Chaos.” *Prevention*, vol. 58, no. 11, Nov. 2006, pp. 158–89. EBSCOhost, [research.ebsco.com/linkprocessor/plink?id=7c786117-0e6f-3fd5-87d0-060e995c6bb3](https://research.ebsco.com/linkprocessor/plink?id=7c786117-0e6f-3fd5-87d0-060e995c6bb3).

## BOOKS:

Charman, Robert A. *HEALING IN A HOSPITAL: SCIENTIFIC EVIDENCE THAT SPIRITUAL HEALING IMPROVES HEALTH*. 4th ed., vol. 81, Journal of the Society for Psychical Research.

