

Rest and Play Reflection

Experiencing resilience in the spirit area of rest and play means engaging in activities that are truly re-creative of our bodies and our spirits.

When do you feel most alive? What are you doing?
What or who are you surrounded with?

When do you feel most like yourself?

Where is the artist in you? Are you an artist in communication,
in cooking, in selecting fun activities, in finding interesting details about life, etc.?

