

## Spiritual Self Care:



Spiritual self-care is a personal journey that involves reflection on our inner needs and role within the world. It's about finding our own sense of purpose, direction, or meaning, and can be faith-based or non-faith-based.

Spiritual self-care is often thought of as rooted in religion, however spiritual self-care can be non-faith based in which caregivers can utilize to meet their needs and use spiritual self-care benefits to better your overall health, well-being, and reduce feelings of burnout.

The focus for spiritual self-care will be on non-faith based practices that as caregivers with often limited time in our days, can add to their daily routine to improve their overall health and well-being.



No matter where you live, nature is one of the best and most accessible ways to boost your mood



## Nature-Based Spiritual Self-Care



When we understand our place in the universe, we begin to experience the benefits of a strong connection between spirituality and nature. This connection between spiritual self-care and nature can result in a greater appreciation for things as they are, a better understanding of time and its limitations, lessening stress from trying to control the things around us, increased gratitude, clarity, and seeing and appreciating beauty in imperfection.

(University of San Diego, 2024)

Nature based spiritual self-care can be included in small moments of your day to activities planned if you feel nature self-care is valuable to you!

### Can't Get Outside, No Problem

A great way to start incorporating nature-based self-care is through methods within your home. With busy days and limited time, some practices require small moments that can benefit our self-care and overall health! This can include:



- ***Looking outside at nature or looking at a nature image on your phone***  
Even simply looking outside can be a moment of self-care, bringing awareness to the world, and a moment of silence to reconnect with yourself.



- ***Looking at a painting***  
As described above, paintings of nature or the world are a great way to connect spiritually, provide a moment of connection, and reflect on our role with the world.



- ***Grounding - Walking on Grass***  
Walking outside, even just to our front or back yard, and standing on grass can benefit our spiritual self-care. It is a moment of grounding to the world around us, and you can take a moment of awareness of your senses. How does the grass feel?

## Outdoor Opportunities Taking Small Amounts of Time:



- ***Walking Near Water or Anything Nature Based***

In some capacity, even in a city we have nature surrounding us. Water is a sound that is soothing and relaxing to our bodies.



- ***Watching a Sunrise or Sunset***

Consider watching a sunrise or sunset as a “solar recharge” and bringing awareness to yourself. When watching the sunrise/sunset, you can think about how you feel now. There is evidence that our connection to our world watching sunrises can benefit our understanding of being human.



- ***Stargazing***

Studies have shown that stargazing can benefit self-care by increasing fascination and a sense of flow, highlighting awareness of emotions and feelings about the world around us, and aiding in reducing anxiety and stress.

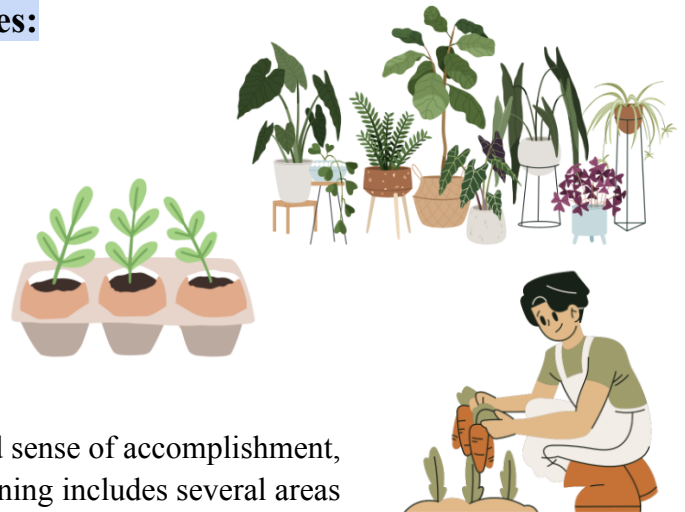
## Other Nature Based Self-Care Opportunities:

### Caring for Houseplants

### Gardening

### Simple herb garden

There are positive benefits to including gardening or taking care of houseplants into your self-care routine that includes sense of enjoyment, an increased sense of accomplishment, dissipate feelings of anxiety, and reduce stress. Gardening includes several areas of self-care including working with the mind, our physical body, and spiritual self-care. If gardening seems too large a task, you can start small with a simple herb plant you care for and use it to make meals. Taking care of a houseplant by watering as needed can be another more minor form of gardening that benefits your overall well-being and prioritizing your self-care.





## **Journaling**

Evidence supports keeping a journal as it can improve your mood, well-being, and physical and mental health.

*The process of journaling benefits:*

- Clearing your mind
- Managing your stress
- Help with managing your emotional experience, which can assist in reducing anxiety, depression, and improve one's mental health
- Understand yourself better and your perspective in moments!

*Tips as you start:*

- Create a time in your day when you can focus on journaling. It can be 5 minutes before bed or after breakfast, or have a journal in an easily accessible spot in your home and journal when you have a moment, write your current feelings and thoughts. A reminder to yourself of journaling an all-accepting, non-judgemental friend!

## **Prompts to Consider for Caregiver Burnout and Self-Care:**

1. List five good things about today.
2. What is one thing you can improve on (time management, communication, etc.), and how can you do this?
3. What is one adjustment you would like to make to your morning routine?
4. What is one adjustment you would like to make to your nighttime routine?
5. Make a list of twenty things that make you happy.
6. What is a new skill that you would like to learn and how can you learn it?
7. What is one long-term goal you wish to work towards?
8. Was today a difficult day? If so, what made it difficult and what can you do to prevent having days like this in the future?
9. What is one problem you had today, and what was your solution to this problem? Was it the best way you could have handled it?
10. Are you taking time to care for yourself? Do you allow yourself time to relax and breathe? If the answer is no, what can you do to give yourself this time?

(Daily Caring, 2023)



Time:

[illegible]

### ***Research:***

The literature defines spiritual care as the view we have of ourselves in the context of the world and how we find purpose, hope, and meaning (Butler et al., 2019). Evidence supports the role of spiritual self-care in improving well-being and reducing caregiver stress, including reducing emotional exhaustion and even protecting against burnout (Dinder et al., 2016; Butler et al., 2019). Specifically, Swarbrick et al. (2021) found that combining meditation and yoga facilitated greater calmness, positively impacting well-being. Additionally, interventions such as prayer or invocation positively affected coping and facing daily stressors (Dinder et al., 2016). Outside of studied intervention, interventions such as drumming and connecting with nature, including gardening, hiking, or camping, are current topics to study that may help meet and support our spiritual self-care needs and our overall well-being (Butler et al., 2019).



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