

## Chaplain's Spot

### Looking after your inner spirit - 7 Ways to cultivate your inner strength By Kevin Daum



Our life is always a series of ups and downs. Challenges come. The one constant is you, and how you deal with them.

- 1. Know who you are** - Understand who you are and how you function best. The happier you are with yourself, the more you can know peace.
- 2. Spend time in silence** - Take time to renew. Unplug everything - no emails, music, TV, just reconnect with nature and your thoughts.
- 3. Set a routine** - Control what you can, so you can focus your efforts and brainpower on the things you can't control.
- 4. Create the right circle** - Build your world with others who are strong inside, who celebrate you and feed positive energy into your life.
- 5. Gain control of your body** - Eat well, exercise, and dress in a way that makes you feel good. Then, you'll start the day feeling powerful.
- 6. Give yourself a good home** - Get your house in order. If your relationship is bad, work on it. Let your home be a safe haven.
- 7. Connect with the source** - You can gain inner strength by connecting with your spiritual source, through prayer, meditation, mindfulness.

**Quote of the week:** Whether things are going well or going poorly, the stronger you are inside, the more you accomplish.

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**Supporting the School community in emotional, social, spiritual and practical wellbeing.**

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