

# 5 WAYS TO REPLENISH YOUR MIND, BODY & SPIRIT



01

## CREATE

Creative expression awakens joy and possibility. Painting, cooking, writing, gardening, or music-making can become sacred acts that remind you of your own vitality. Creating brings energy where there was emptiness.



02

## SAVOR

Life is full of small pleasures waiting to be noticed. Savoring a warm cup of tea, the colors of the sunset, or the comfort of soft blankets restores balance and grounds us in gratitude. Savoring invites presence.



03

## PROTECT

Protecting your time, energy, and well-being is an act of love. Saying no when needed, honoring your limits, and making space for rest ensures you can show up for yourself and others with clarity and strength.



04

## PLAY

Play lightens the spirit. Laughter, games, dancing, or anything that brings a sense of wonder helps shake off heaviness and reconnects us with the joy of being alive.



05

## CONNECT

Connection replenishes the soul. Whether it's reaching out to a friend, sitting with loved ones, or taking a walk together in nature, connecting reminds us we are not alone.

You can't pour from an empty cup, be sure to fill yours too.

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