

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.?**

