

## 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?**

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**When do you feel most like yourself?**

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**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.?)**

