



June 14, 2023

Nurture Your Spirit this Summer

ReFresh started the 2022/2023 year in September with an [article on Workplace Spirituality](#). As ReFresh wraps up for another year, we come full circle with a focus on nurturing your spirit over the summer.

As the school year ends, is your energy and spirit waning? Last week's ReFresh introduced qigong exercises to help generate and support the flow of energy through your body. This week, we look at how to nurture your spirit energy. This is personal and intimate work; only you will know what will work for you. Below are some considerations to help you feel refreshed and renewed in your spiritual health over the summer.

Your spirit is often an overlooked component of your overall health and well-being that doesn't receive intentional support. This [2.5 min video](#) offers **7 Major Reasons to Nurture Your Spirit**.

What does nurturing your spirit mean?

I love this definition of nurturing your spirit from the First Nations Health Authority website:

"Nurturing spirit is the aspect in your life that makes you smile! This is about what makes you feel good and connected. This builds your self-esteem, self-confidence and allows you to be connected to others, mother nature and yourself."

Ways to nurture our spirit

The FNHA website also provides examples of nurturing your spirit including:

- providing a space for spirituality

- drumming and dancing
- connecting with ancestors, mother nature or great spirit
- taking time for self to decompress or manage stress such as yoga, meditation, learning a new hobby
- honouring self by bringing balance into life and having self-responsibility.

Excite your spirit by doing something you love, something that lights you up, even if it is only for an hour a week. Remember what you loved to do as a child in the summer, or what brings you joy as an adult.

Here are five other ways you may nurture your spirit:

1. Feed a hobby or passion – Discover something that brings you joy, accomplishment, and creativity.

2. Be still – Practice meditation, prayer, or yoga to calm your mind after the busy school year, help you to relax, and open your spirit to new possibilities and ideas.

3. Take a vacation – Anytime you remove yourself from your daily routine, you are renewing your spirit.

4. Spend quality time with friends and family – Whether it's a day at the beach, a brunch at a restaurant, or a hike, nurturing relationships in your life will also nurture your spirit.

5. Make someone else happy – Volunteer. Give someone a gift for no reason. Compliment others. Kindness and generosity make you feel good from the inside out. And what's on your inside? Your spirit!

For those who enjoy the teachings of Deepak Chopra, [here is a link](#) to his guidance to nurturing your spiritual life.

Explore these [Tips to Spiritual Wellness](#) from an American university.

For those with a deeper interest, I recommend this [comprehensive article](#) on spiritual wellness, spiritual fitness, and why it is important.

Holistic health

The body, mind, and spirit thrive if you nurture them. Connected, these are your being. Optimum health can only be achieved when all three areas are balanced. If you visit the [ReFresh main page](#), you will find articles on many of these subjects.

Your body and mind need:

- Hydration
- Healthy food
- Regular activity
- Rest and sleep
- Getting out into nature
- Moments of calm and rest
- Moments of stimulation and challenge
- Relationships and connections
- Laughter
- Acts of kindness
- Self reflection
- Detox from technology

May you find ways this summer to look after your complete health and well-being, including your spiritual health. Vice-Principals and Principals give so much of themselves through their purpose and passion for school leadership, quality education, and student needs. Summer is the time to intentionally refill your spirit cup in order to bring your spirituality to work for the 2023/2024 school year.

Have a healthy and happy summer!

A handwritten signature in black ink, appearing to read "R. Myers". The signature is fluid and stylized, with a large initial "R" and a long, sweeping underline.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

Sources:

https://www.huffpost.com/entry/5-ways-to-nurture-your-spirit_b_5055949

<https://www.fnha.ca/wellness/wellness-for-first-nations/wellness-streams/nurturing-spirit>

<https://wildsimplejoy.com/how-to-nourish-your-soul-meaning/>