



WHAT IS SOUL EXHAUSTION?

- Soul Exhaustion goes beyond being tired. It's a deep, spiritual depletion that occurs when our experiences overwhelm our capacity to process and integrate them.
- It impacts one's emotional and spiritual well-being and often stems from chronic exposure to trauma or crisis, grief (especially suicide loss), prolonged stress, chronic illness, or a lack of support.
- Soul exhaustion is not a diagnosis; it is a human experience.

WHY SOUL EXHAUSTION MATTERS

- Impacts on mental and emotional health
- Negative physical effects
- Relationship problems
- Loss of purpose and meaning
- Interference with personal growth

SOUL EXHAUSTION RESOURCES:

<https://www.soulexhaustion.care/resources>

Sarah Gaer is a highly experienced mental health professional with over 25 years in the field. Sarah is also a renowned speaker delivering speeches on Soul Exhaustion and Soul Care, offering unique insights that validate struggles, inspire reflection, and instill hope for peace.

<https://www.nimh.nih.gov/health>

National Institute of Mental Health (NIMH) information and publications are in the public domain and available for use free of charge.

<https://www.cdc.gov/niosh/centers/fatigue.html>

The Center for Work and Fatigue Research (CWFR) studies health and safety risks from nonstandard schedules and fatigue, developing practical solutions to address them.

A FEW OF SARAH'S SOUL CARE TIPS...

- ✚ Get out of your comfort zone
- ✚ Unplug/limit distractions
- ✚ Connect with nature
- ✚ Hone your craft
- ✚ Serve others
- ✚ Focus your energy on the good in your life 😊



NEED HELP? KNOW SOMEONE WHO MIGHT?



**CALL OR TEXT
988**

No matter what you're dealing with, there is no wrong reason to call. Crisis counselors are prepared to help you get the support you need. Free, confidential and available 24/7.