



# Serenity & Sound

*Finding stillness – in sound, in silence, or in the spaces between – can become a quiet refuge during caregiving.*

- When and where do I feel most grounded? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What helps me return to that place – physically or emotionally? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What does “peace” look like for me right now? Silence? Simplicity? Softness? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What sound brought me comfort today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If I could create a small ritual for calm in my day, what would it be? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Where is tension living in my body today – and what does that part of me need?  
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\_\_\_\_\_

*Journal Prompt: Serenity & Sound*

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Author, *My Caregiving Companion:*  
*A Guided Journal for the Caregiving Journey*

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