

POST-EVANGELICAL EASTER SURVIVAL GUIDE

Connect with your body

What's going on inside of you? Do your muscles feel tight? Loose? How about your gut?

Your body holds wisdom. Our bodies can tell things that our minds can't.

Spend some time in connection with your body ahead of the holiday.

Connect with community

Who's around you? Who are trusted people in your life you can be connected with during the holiday?

If you're sitting at that family meal or have decided to go to a religious service, who can you reach out to help you stay grounded and connected to yourself? Find these people ahead of time and hold them in your mind.

Know your truth

What is your own spirituality? What is important to you?

Especially if you come from a high-demand religious system, it is important to consciously hold your ground.

Spend some time sitting with what you know to be true before the holiday. Hold your truth close.

Know your boundaries

What can you tolerate? What are you *willing* to tolerate?

It's best to do this ahead of time so that you can make these decisions in a grounded space.

A walk around the block can do wonders in emotional grounding. And don't be afraid to leave any engagement you might need to. Listen to your gut.