

## Taking Care of our Inner Well-Being: A Conversation with Sister Lisa Maurer

We all know we are supposed to wash our hands and practice social distancing, but how do we take care of our inner self?

Sister Lisa Maurer, former mission integration director for Benedictine, has some practical tips to help us find the space to express our emotions and activities to take care of our inner self. Tips for not only surviving, but thriving during these challenging times.

Some things we can do to make sure our spiritual self stays healthy (or to improve it!):

- Have a routine
- Set goals
- Take an online class
- Keep a journal
- Pray, Meditate
- Volunteer or find other ways to help
- Reach out to others
- Get outside
- Monitor media intake
- Write letters and cards
- Connect with groups
- Organize and clean
- Create a mission or vision statement
- Read
- Download an app on wellbeing
- Write down your family's history, or your own
- Listen to podcasts
- Eat well
- Exercise

If you have any questions for us at Benedictine or Sister Lisa, please send them to [livingwell@benedictineliving.org](mailto:livingwell@benedictineliving.org).

### Benedictine

#### DULUTH

4560 Norway Pines Place  
Hermantown, MN 55811

PH (218)786-2370

TF (800)833-7208

#### TWIN CITIES

6499 University Avenue NE  
Suite 300

Minneapolis, MN 55432

PH (763)347-2200

FX (763)689-6117