

## How Do I Restoreth My Soul?

When the world feels loud, and your body tightens,  
When you're tempted to reach for something that doesn't really help—  
Pause.  
And try one small act of peace instead. Each of these is a way back.

 Patching a Quilt

 Planting a Seed

 Lighting a Small Fire

 Untangling a Necklace

 Pruning a Tree

 Pulling Weeds from the Garden

 Picking a Bouquet

 Cleaning Out Your Sock Drawer

 Looking for a Four-Leaf Clover

 Organizing Your Photographs

 Walking Barefoot Through Grass

 Forest Bathing

 Collecting Rocks or Shells on the Beach

 Washing the Car or Bike

 Fixing Something That Rattles

 Tuning the Engine

 Organizing My Tools