ReSOULutions 2022

Phil Chick Make time to “be with” others - in person (as best we can with COVID)

Rachel Chrastil Keep good perspective

Molly Dugan Sometimes we have to say no (or, “No.” Is a complete sentence) - we don’t   
 owe our time to anyone/anything that isn’t life-giving for us.

Cynthia Geer Experience the outdoors every day.

Debra Mooney Laugh - *jogging for the mind*

David Mengel Spend time in nature more consistently

Doug Olberding Take time to be in nature and appreciate God's wonders.

Katherine Miefert Daily walk - it is my time to find a moment of clarity in the day.

Dustin Thorn Focus on the kindness of peoples interactions

Rashmi Assudani Constructive discernment and purposeful actions

Jenni Dramis Being outside and off-screen more

Dave Johnson Get outside!

Shawn Schuler Make more time for yourself

Phil Chick Make time for “laziness” - doing nothing

Becky Cull Connect more deeply with the people around me

Bob Sheeran Go take a hike - in the woods! Finding time to disconnect from technology   
 and spend time with nature, exercise and feel Gods presence in the absence   
 of manmade things can be a rejuvenating experience. A happy place. 

Jean Griffin Try to remain present to all that is going on, both the good and the bad.

Kelly Pokrywka Embrace spontaneity

Norm Townsel Make time for family

Walter Deye SJ God does not ask us to be anxious, but to trust in Him no matter how we feel...

Russell Lacey Take time every day to spend walking outside in solitude (no devices!)

Colleen Hanycz Attempting to be comfortable with our ongoing discomfort…this pandemic is   
 forcing us to be uncomfortable for long periods of time. Trying to focus on not   
 being anxious about that uncertainty.