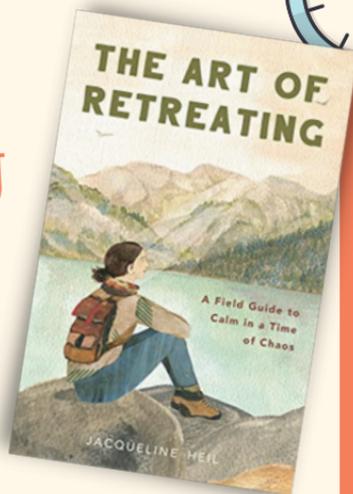




Have you  
been following  
along with  
our self-care  
journey?



This past month, e3 staff wrapped up our monthly reading and book discussion of the eye-opening practical lessons and skills provided by Jacqueline Heil's book

## **The Art of Retreating: A Field Guide to Calm in a Time of Chaos**

Guided questions leading our staff discussions have been posted monthly for those that are interested in taking part in the self-care journey!

Click [here](#) to purchase a copy of the book

For further resources, visit [The Art of Retreating](#) website





# DISCUSSION QUESTIONS

## CHAPTERS

### **12 OUR ROOTS & CONNECTION**

### **13 INTENTIONS & LASTING CHANGE**

- In what ways have you tried to combat loneliness during the pandemic and remain connected to people? Are you continuing this practice as places have opened back up?
- How often do you set intentions for yourself?
- How do you remind yourself of your intentions?
- What are your next steps in self-care?
- What will you take from this book moving forward?