

5 Ways to Fill Your Cup Right Now & Embrace Slow Living

(Even If You're Already Burned Out!)

Do you ever feel like life is spinning out of control? With deadlines to meet, appointments to keep, and endless to-do lists, it's no wonder that we often find ourselves overwhelmed and [stressed out](#). We long for a break, a moment to catch our breath, and just slow down.

But it seems there just aren't enough hours in the day and we're already so burned out we don't know where to start? (Or, at least that was me!)

That's where [slow living](#) can come in.

I've got five quick ways we can fill our cups and start to embrace a slow living lifestyle together :-)



What's Slow Living Anyway?

[Slow living](#) is a **mindset and a deliberate choice to prioritize quality over quantity, presence over busyness**. It's about embracing a slower pace of life and finding fulfillment in the simple moments.

The benefits of slow living extend beyond just feeling less overwhelmed - it positively impacts our mental health, relationships, and creativity. When we slow down, we enjoy mindfulness, reduce stress levels, and improve our overall [well-being](#).

But, the constant pressure to be productive, the endless distractions of technology, and the expectation of instant gratification all pull us away – here's how we can change that my friend.

1. Look up

For me, **turning to God has been an incredible source of spiritual refreshment, peace, and comfort**. In those moments when my priorities are all mixed up and I don't know where to turn, I've learned the importance of looking up.

Prayer, meditation, and gratitude have become my anchors in times of chaos. Taking a few minutes each day to sit in silence and connect with God through conversation or reflection helps me regain perspective and find peace amidst life's storms.

Expressing gratitude for the blessings in my life, no matter how small, reminds me of the abundant love and grace surrounding me.

Embrace prayer as a way to pour out your heart, find solace in meditation, writing through [journaling](#) all help us in gratitude.

When life becomes overwhelming and we feel empty, **spiritual nourishment can be the first to fill our cups**.

2. Opt for the Outside

One of the most powerful ways I've found to fill my cup and embrace slow living is by connecting with [nature](#). There's something magical about stepping out into the great outdoors and immersing myself in God's creation.

Whether I'm hiking in west Texas, trail running along local paths, or simply walking barefoot on a sandy beach, nature has a way of melting away the stress and worries of daily life.

The quiet and solitude (especially on the trail!) give me time and space to re-center and find my creative spark once again.

And let me tell you, **stargazing on a clear night takes my breath away and reminds me of the vastness of the universe and the miracles that unfold each day.**

So, if you're looking for ways to connect with nature in simple but meaningful ways, I encourage you to lace up your hiking boots, lie on your back and watch the stars, or simply take a quiet walk barefoot in a nearby park.

Allow the beauty of nature to inspire, heal, and **rejuvenate you into the depths of your soul....**



3. Find Your Tribe

In a world that often emphasizes quantity over quality, I've learned the importance of prioritizing a few good friends over having a long list of acquaintances or superficial connections.

I love real talk, authentic friends, and people in my life who can go deep with me.

Whether we share a meal over heartfelt conversations, volunteer together, or simply enjoy a fun run, these experiences are the glue that binds us together. This is where true friendship takes root, and relationships fall into place.

Reach out, listen attentively, and show up for one another. It's through these interactions that our relationships flourish, and our lives become enriched by those who know us the best.

There's just something beautiful when a friend really knows the real us – Am I right?



4. Find a Hobby

Whether it's diving into a gripping book (I'm in the middle of Matthew Perry's memoir - highly recommend it!) or exploring my creative side through writing or cooking, **hobbies have a way of nourishing our souls.**

I know that when we're already burned out, the thought of starting something new can be daunting. But it doesn't have to be a major commitment. Sometimes, just picking up that book or Kindle that's been collecting dust on our nightstand can provide the much-needed escape our bodies and minds need

My friend, doing things we love shouldn't be put on the back burner; it's an essential act of [self-care](#) that can refresh our spirit and **bring a sense of balance to our lives when we need it most.**

5. Engage Your Senses

Every morning, I have a routine: I listen to worship music, sip on hot, creamy coffee, and read my devotional. It's like a deep release from the weight of the world that I've unwittingly placed on my shoulders, signaling to my body that it's a fresh new day!

I encourage you to find sensory experiences that resonate with you – **what helps you take a step back from the chaos and truly immerse yourself in the present moment?**

Awakening your senses can ground you, reconnect you with yourself, and help you find a sense of peace in busyness of life.



The Wrap - Ways to Fill Your Cup

In a world that constantly demands our attention, we often neglect our own well-being in the pursuit of keeping up.

But here's the thing: by intentionally **making space for practices that bring us joy, reflection, and self-care**, we can reclaim our sense of balance and fulfillment.

My friend, I encourage you to choose one of the five ways discussed in this post and take that first step toward embracing [slow living](#).

Prioritize self-care and find beauty in the simple moments that surround you. Remember, it is entirely possible to live life at your own pace.... I'm cheering you on!

XO,

jules