

How to Prepare for a Retreat

Spiritually...

- Pray! Pray! Pray!
- Spend some time reflecting on where you are, spiritually. Concentrate on having an open mind and an open heart during the retreat.

Physically...

- Drink a TON of water for at least two days before so you are very well hydrated. Chapped lips are a good sign of dehydration. If you need chapstick, you might not be getting enough water!
- Wash your hands often! This sounds like a no-brainer, so do it!
- Sleep as much as you can! You don't want to begin by being tired!
- Try to eat as healthy as possible before. Junk foods (that are highly processed and that contain a lot of sugar and caffeine) can rid your body of the energy needed, which it will really need on the retreat.

Educationally...

- Do as much of your homework ahead of time as you can! Really use the weekend before the retreat to get ahead.