

EFFECTIVE WAYS TO STAY SPIRITUALLY CONNECTED



Practice

Maintain consistency with your faith traditions or spirituality. Many groups offer online opportunities.

Read/Write

Set aside time daily to read a spiritual text or inspirational book. Reflect on the text through journaling or meditation.

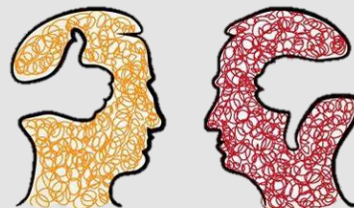


Relationships

Social distancing does not mean social isolation! Nurture connections old and new.

Attitude

Choose to focus on the positive and the things you can control. Establish goals that create joy and purpose.



Fitness

Focus on physical health; maintain a healthy balance of exercise, diet, and rest.



Time

Schedule time for spiritual activities, yourself, and others.

