

EFFECTIVE WAYS TO STAY SPIRITUALLY CONNECTED



Read/Write

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



Attitude

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



Time

Schedule time for spiritual activities, yourself, and others.

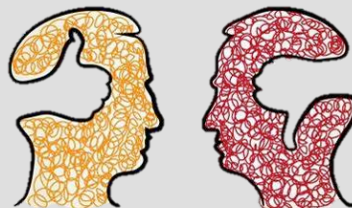
Practice

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



Relationships

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



Fitness

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

