

# 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.

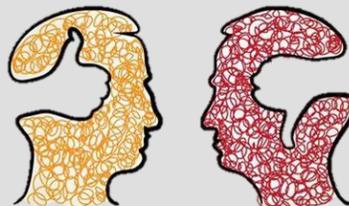
## Practice

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.

