

# NURTURE YOUR SPIRIT

Spirituality isn't just about religion or meditation—it's what helps individuals feel a sense of meaning and connection. When you focus on growing spiritually, your mental health can benefit by finding peace, understanding, community, or a greater sense of purpose.

Spirituality can be experienced in many different ways, and you get to choose what feels right for you. Some common ways people feel spiritual connections include:

- **Religious practices:** prayer, worship, ceremonies, rituals, fasting, Holy Days
- **Mindfulness and meditation:** breathwork, body scans, mindful movement, sound baths
- **Connection to nature:** forest bathing, gardening, hiking/walking, nature meditation
- **Creative expression:** journaling, writing, art, music, movement
- **Awe and wonder:** feeling respect toward nature, witnessing acts of compassion, finding clarity of purpose, practicing sacred rituals or ceremonies that create shared experience



## Start Small

- Try five minutes of prayer.
- Do a guided meditation that you found online.
- Write down three things about your day that you were grateful for.
- Take a walk and appreciate the clouds as they float by.



## Explore and Experiment

- Attend a local meditation (or yoga) class.
- Go on a nature walk and be mindful of all of your senses as you take in your surroundings.
- Try painting or drawing—no artistic skills required!



## Make it a Habit

- Meditate for five minutes right after your morning coffee.
- Say a prayer or set an intention while you're in the shower.
- Reflect on your day while brushing your teeth before bed.



## Find Community

- Join a local faith group, place of worship, or spiritual circle.
- Try online forums or social media groups focused on spirituality.
- Attend workshops or retreats that align with your interests.