**SPIRITUAL PRACTICES**

1. **READ SPIRITUAL BOOKS**: These could be sacred texts such as the Bible, Koran, or Torah. This reading could be as varied as Lord of the Rings by JRR Tolkien, Meditations by Marcus Aurelius, or Why do Bad Things Happen to Good People by Rabbi Kushner. Seek out other forms spiritual media such as podcasts, movies etc.
2. **PRAY**: Communicating with God, or a “higher power” includes sharing your life and listening for guidance.
3. **CONTEMPLATION and REFLECTION**: Take time review your own experience, make meaning of those experiences. Contemplate spiritual ideas think over them for greater understanding. Consider where you encounter themes and elements of spirituality in your life.
4. **SPEND TIME IN NATURE**: Enhance your connection with the natural world. Experience beauty or “wildness” as presented in nature. Watch a sunrise or a sunset.
5. **YOGA, TAI-CHI, WALKING**: Enhance your connection with your body. Intentional breathing, stretching and practicing mindful presence.
6. **JOURNAL:** Recording your private ideas, concerns, and thoughts.
7. **GRATITUDE:** Being aware and expressing thankfulness for the good you have experienced or encountered in your life.
8. **VOLUNTEER/ACTS OF SERVICE:** Sharing your gifts, talents, and time with others builds your spirituality by

1. **PRACTICE SILENCE:** Take a few moments to turn off electronic devices and sit quietly. This can help settle the mind, or give you an opportunity to address the “racing thoughts” you might experience.
2. **BUILD COMMUNITY:** Humans need people. Build a community of support. Family and friends are the foundations of our community. Also consider the other communities you are part of. Churches, teams, hobby groups can all support you socially and provide needed meaning and support.

**Many of these practices can be combined for even greater effect!**

Keep a gratitude journal

Perform community service and reflect on your experience.

Take an outdoor yoga class

Join a book club for spiritual reading

Take a “Prayer Walk”