

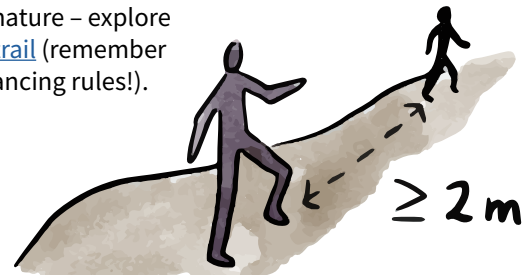


# SPIRITUAL WELL-BEING

Expanding our sense of meaning and purpose, and feelings of balance and peace\* *during COVID-19*



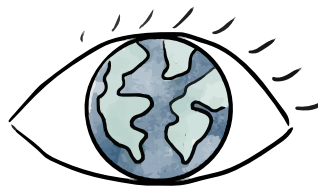
Spend time in nature – explore a [new park or trail](#) (remember physical distancing rules!).



Set your phone to airplane mode so you aren't distracted by notifications.



See if your place of worship is offering livestreaming of services.



Reflect on what gives you a sense of [meaning and purpose](#), and try to do something each day that re-connects you with that.

Engage in activities that align with your personal values and beliefs.



Pray, [meditate](#), or spend time in reflection.

See how you can help others in the community, such as volunteering (for more ideas to help in Guelph, see [here](#)).



Buy groceries and drop them off for an elderly/immunocompromised neighbour or someone else needing a hand.

\* [Swarbrick and Yudorf, 2015](#)