



WAYS TO CONNECT WITH YOURSELF DAILY

"Love your neighbor as you love yourself."

-Jesus

#SPIRITUALLIFEHACK

Breathe

Use member, Kay Sterner's approach to staying present and connected to yourself, even in exasperating or anxious situations: Breathe in slowly to the count of 5, hold for 3 counts, breathe out slowly to the count of 5. Repeat 3-5 times.

Use Your Senses

Get out of your head. You can do this wherever you are, but it has great benefits outdoors.

- 5 things you see
- 4 things you hear
- 3 things you can touch
- 2 things you smell (might be your laundry detergent on your clothes, etc.)
- 1 thing you taste

Journal

Possible questions to get you started:

- For what moment today am I most grateful?
- For what moment today am I least grateful?
- OR one of the following pairs of questions:
- When did I feel most alive today?
- When did I feel life draining out of me?
- When today did I have the greatest sense of belonging to myself, others, God and creation?
- When did I have the last sense of belonging?

Take Off All the Roles and Relationships You Normally Fulfill

Parent, spouse, employee, boss, neighbor, friend, daughter/son, student, volunteer, sibling, activist, mediator, etc. Experience yourself without the usual expectations and demands. Ahhhhh!

Do Something That Makes Your Heart Sing

Garden? Sing? Dance? Play an instrument? Make art? Read a favorite author? Listen to a favorite CD? Stare at the ocean? Reread a favorite poet? Go to an art museum? Take a hike? Bake bread?

Fast

Take a break from one or more of these for the month, or for the day:

- Screens
- Sugar
- Booze
- Perfectionism
- Worry
- Self-pity
- Shopping to excess.

These things just numb you, promising peace and happiness where there isn't any.

Take a Self-Inventory

Check in with yourself physically, emotionally, mentally and spiritually. How are you? Is there one thing you could do that would make a big difference in your well-being?

Make Love To Your Beloved

