

# Grow & Connect Your Spirit



## Your faith

Practice a religious or spiritual faith.

There are many ways we can express our sense of purpose or feeling connected to something larger than oneself. In whatever ways you choose, expressing your spirit will enhance your overall health and well-being.

## Meaningful art

Connect with the creative arts, such as painting, music, or dance.

## Volunteer

Find ways to help others in your community.

## Nature & solitude

Spend time in nature, in solitude, or practice meditation.



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