



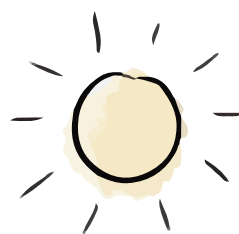
SPIRITUAL WELL-BEING

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

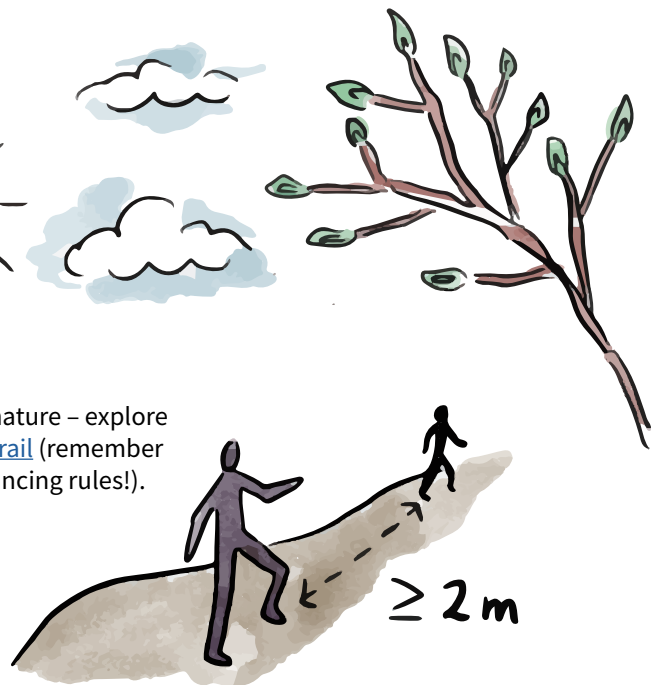
See how you can help others in the
community, such as volunteering (for
more ideas to help in Guelph, see [here](#)).



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



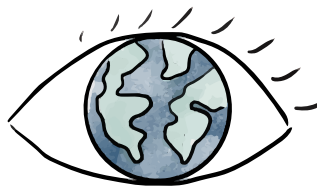
Spend time in nature – explore
a [new park or trail](#) (remember
physical distancing rules!).



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



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



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.

* [Swarbrick and Yudorf, 2015](#)