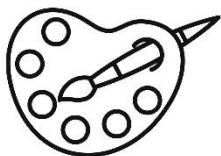


# CONNECT

## Caring for Your Spiritual Health

### CONNECT with YOURSELF



#### Create

Paint  
Build  
Write a poem



#### Move

Dance  
Stretch  
Walk



#### Reflect

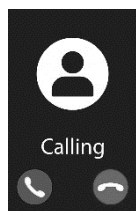
Explore your genealogy  
Take a personality test  
List your skills

### CONNECT with OTHERS



#### Friends

Grab coffee  
Make dinner together  
Catch up



#### Check in

Call someone and  
let them know you  
appreciate them



#### Join

Meet new and  
likeminded people  
Volunteer

### CONNECT with THE UNIVERSE



#### Notice

Admire the details  
Wonder about the Creator



#### Meditate

Be still  
Breathe  
Pray



#### Gratitude

Express gratitude for  
things, people, and  
experiences

This resource is provided by your Campus Chaplains  
Email [chaplains@otago.ac.nz](mailto:chaplains@otago.ac.nz) for more information