

Ideas for establishing greater connection



Instructions: Mental health is supported through greater connection to self, others, and the greater world. Below are some ideas to increase your connection and improve your well-being.

Connection to self:

1. Meditate or simply focus on your breath while placing your hands over your heart.
2. Thank your body for supporting you and keeping you alive.
3. Be fully present while eating and contemplate the process that your body goes through to sustain and nourish you.
4. Treat yourself like a best friend and enjoy your own company.
5. Keep a gratitude journal.

Connection to family and friends:

1. Be intentional about spending quality time with those you care about.
2. Plan a fun activity – road trip, game playing, special meal.
3. Say thank you to those you care about while making eye contact with them.

Connection to your community and the greater world:

1. Smile at those whose paths you cross.
2. Research a cause and volunteer your time or money.
3. Work to eliminate envy of others and create a relational life that is enviable.
4. Wish all living creatures well.

Connection to the planet:

1. Contemplate the vastness of the universe that is under you and over you.
2. Contemplate the miracle of a centipede and its one hundred legs or find intrigue in all insects and animals.
3. Work to give up single use plastics – water bottles, plastic containers, plastic silverware, and use canvas bags when shopping.

Want more ideas? You're invited to add SPICE to your life!

Join Julie's one-of-a-kind research-based, spiritual empowerment program that utilizes mindfulness, neuroscience, storytelling, and experiential exercises to infuse more calm, health, and joy in your relationships and in the world.

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