



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

•••• *Wellness Tips* ••••



SPIRITUALITY



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

1. Join a spiritual or religious group such as CLC

6. Sign up for a volunteer program such as APPA or Aruppe

2. Gratitude journal. Write 3 things that you are grateful for each day

7. Practice yoga or other mindfulness activities

3. Reflect on your priorities

8. Go to a Catholic mass or other religious celebration

4. Reflect on where you spend your time/energy

9. Try a retreat program such as Pause & Pray through Campus Ministry

5. Spend time in nature to connect with the world around you

10. Meet with a Jesuit, Campus Minister, or another trusted spiritual leader