**TOP 10 TIPS**

1. Join a spiritual or religious group such as CLC
2. Gratitude journal. Write 3 things that you are grateful for each day
3. Reflect on your priorities
4. Reflect on where you spend your time/energy
5. Spend time in nature to connect with the world around you
6. Sign up for a volunteer program such as APPA or Aruppe
7. Practice yoga or other mindfulness activities
8. Go to a Catholic mass or other religious celebration
9. Try a retreat program such as Pause & Pray through Campus Ministry
10. Meet with a Jesuit, Campus Minister, or another trusted spiritual leader

For more information contact the Center for Student Wellness: Gasson 025 | 617-552-9900 | bwell@bc.edu | bc.edu/student-wellness