

SPIRITUALITY,
RELIGION, & COPING

COPING WITH STRESS

**ATTEND A
RELIGIOUS SERVICE**

**PRAY OR CREATE A
PRAYER JOURNAL**

**CONNECT WITH OTHERS
WITH SIMILAR BELIEFS**

MEDITATE

TAKE A NATURE WALK

**SING OR LISTEN TO
UPLIFTING SONGS**

VOLUNTEER

**READ DEVOTIONALS OR
OTHER INSPIRING TEXTS**

**CREATE PERSONAL
SPACE THAT IS FREE
FROM NEGATIVE
ENERGY**