



# 1 SPIRITUAL COMMUNITY

Be part of something that is bigger than you.

**Benefits:** Feel supported when you worry and create more happiness.

**Goal:** Be an active member of a faith community, AARP, or a group that allows you to place your faith and challenges in a higher power.

I remember presenting to a large group of people at a conference. They were expecting a notable physician to speak but, at the last minute, she was unable to attend. I polished the SHAPE UP 7 to present to the group. Excited, yet untested, I wasn't sure if anyone would respond to this specific longevity item. It turned out there was an amazing group of women who cheered and clapped for this measure. It made me realize just how important spiritual support is to so many people.

## CARE MANAGER TALKING POINTS

Spiritual community is an individual choice - regardless of faith - and can mean something different to everyone. What's important are the connections that lift you up, allow you to feel supported and ease your stress levels.

Most people find success with informal or structured small groups or service groups. For example:

- Being in nature - working alongside others in a community garden, a gardening club or nature walks.
- Support groups; inspiring book clubs; AA; or a faith community

When we can't connect in-person, we now know we can connect with video calls, phone calls, and writing letters and cards.

