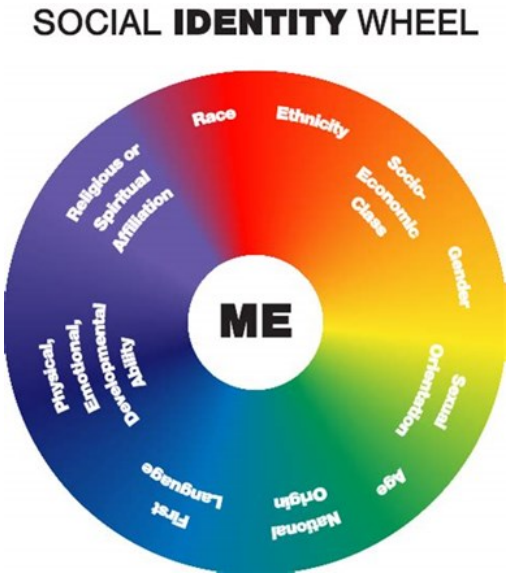
Tips and Strategies: Maintaining a sense of meaning and purpose

Identity and Culture:



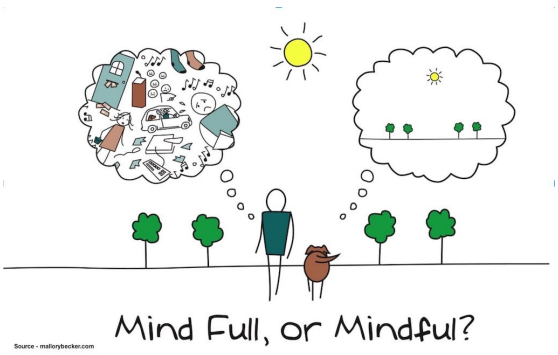
Explore and gain insight into your social identities and who you are in terms of your culture and background.

- Which identities are most salient for you?
- Which identities do you feel less connected to?
- Which identities would you like to explore further?

Service:

How are you giving back and connecting to the world outside of yourself?

- Volunteer work (animal shelter, women's shelter, food pantry/donations, habitat for humanity)
- Donations
- Acts of Kindness (holding the door for someone, smile at a stranger, offer to help a friend, surprise a loved one, introduce yourself to a neighbor you don't know, let someone cut in front of you during rush hour)



Mindfulness:

Be mindful, in the present moment, without judgment

- enjoy the small things (an act of kindness from someone else, nice weather, a moment of laughter)
- notice your own thoughts, feelings, and body sensations in the present moment
- define or express daily gratitude statements