



BELONG



FIND THE RIGHT FIT

To incorporate the Blue Zones Power 9 concept of Belong in your life, start by finding the right fit. If you're not connected with a faith-based or shared belief community, ask friends and neighbors for recommendations.

VOLUNTEER OR HELP OTHERS

If you don't have a faith community, that's okay. Another way to feel connected to your spirituality and faith is to find a cause that matters to you and to give back. You can work at a food pantry, become a mentor or tutor or foster an animal. Doing so can grow your community and connect you with like-minded people. By helping others, it'll also give you a sense of purpose and gratitude.

PRACTICE YOGA

You don't have to be a yogi to gain the spiritual benefits of the practice. Yoga is for everyone at any level. Besides strengthening and stretching your body, it can help your mind and spirit—reducing symptoms of stress, depression and anxiety.

MEDITATE

Meditation is one of the easiest practices to maintain because it requires little time. "Some people think you have to sit and be quiet, but that's not true," Wester said. "You can walk and meditate, being mindful of how your feet feel on the ground or the details of your surroundings. Just the practice of slowing your body down can help slow your brain down."

KEEP A JOURNAL

The act of writing can help you process your emotions, increase your awareness and give you a nonjudgmental space to express your feelings in the moment. Write down your worries and your fears or start a daily gratitude journal with prompts.

SPEND TIME IN NATURE

Whether you live in the mountains, the desert or near the beach, spending time in nature can boost your spiritual health. You can't help but disconnect from your phone, your day and your troubles. Even just a few minutes watching the birds, the trees swaying in the wind or the crashing waves on the shoreline can be therapeutic.

BE HONEST AND PRESENT

Once you've met people that you feel you want to connect to, practice being brave enough to be open about that with them.