

## Chaplain's Spot

**Staying connected and healthy**  
[From New Economics Foundation]  
[repeated from 2015]



How good are the connections in your life? How proactive are you in developing those relationships and your own self? It's good to be reminded of some key factors in staying connected, because people are what matter most, and staying healthy, because it empowers us for life.

*1-Connect... Think of relationships as the cornerstones of your life and invest time in developing them. Building these connections will support you when times are tough and enrich you every day as you get older.*

*2-Be active...Exercising makes you feel good so join a sports team, or find a physical activity you enjoy, that suits your level of mobility and fitness.*

*3-Take notice...Keep a journal, or take a photo. Be mindful. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.*

*4-Keep learning...A given at school, but it should not be limited to academic studies. Try a new musical instrument, learn a new language, learn to draw, the possibilities are endless.*

*5-Give... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Your time is the most valuable thing you can give anyone.*

Life can have the most meaning for us when we are contributing to other's lives, or to an important cause, something of great significance. May these points help your daily life choices, in staying connected and healthy!

### **Quote of the week:**

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it. **-Margaret Thatcher**

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