

FROM THE OFFICE OF RELIGIOUS + SPIRITUAL LIFE

YOUR HUB OF BELONGING

Connecting us all to resources, experiences, and each other

RESOURCES!



https://www.latimes.com/opinion/op-ed/la-oe-soni-campus-student-loneliness-20190714-story.html

Cat Moore's article on Making Family-Like Connections in the City:

https://www.familyminded.com/s/how-to-create-new-family-fd0e5df014164b5f

NYT Op-Ed by "A Formerly Lonely College Student:

https://www.nytimes.com/2018/10/09/well/family/advice-from-a-formerly-lonely-college-student.html

What makes a good life? Lessons from the longest study on happiness - from Harvard U:

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness/discus sion

Connecting with Neighbors: "Won't You Be My Neighbor?" - documentary, https://www.amazon.com/gp/product/B07FCQ2T9K?pf_rd_p=c2945051-950f-485c-b4df-



15aac5223b10&pf_rd_r=VBWB6E3VSX7GAW4VCHC4

Connecting through acts of kindness:

RandomActsOfKindness.org

Questions that Foster Connection:

Questions: https://orl.usc.edu/programs/questions-for-conviviality/Questions for Conviviality

Authenticity:

https://digest.bps.org.uk/2017/03/08/feeling-authentic-in-a-relationship-comes-from-being-able-to-be-your-best-self-notyour-actual-self/

Vulnerability + Shame by Brene Brown:

https://www.ted.com/talks/brene_brown_on_vulnerability https://www.ted.com/talks/brene_brown_listening_to_shame

Designing Spaces for Connection + Community: The Project for Public Spaces:

pps.org https://www.pps.org/article/place-game-community

Collaborate with a campus-wide movement to kindle friendship + community:

Visit: https://orl.usc.edu/programs/campfires/

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