

BETTER UNDERSTANDING SPIRITUAL WELLNESS

WHAT IS SPIRITUAL WELLNESS?

Spiritual wellness can have different meanings for each individual. For some it's a sense of purpose, life's meaning, relationships with others, and self-awareness. Spiritual wellness can be taking time for yourself. Stop doing and start being. Take a walk outside or be reflective in moments. This can help you find meaning find meaning in life events, demonstrate individual purpose, and live a life that reflects your values and beliefs.

TIPS ON HOW TO IMPROVE SPIRITUAL WELLNESS

JOURNAL

Take time to write down things that matter to you, explore your own values, express gratitude, write down feelings, or even plan your week. This time for reflection is a way to relieve stress and enhance your mood.

YOGA

Participating in yoga can help you combine mind, body, and soul. Yoga has been proven to significantly reduce stress, which is a great tool to enhance your spiritual wellness.

MEDITATION

This is a time to quiet your mind, relax your body, and focus on breathing. All you need is a short 10-minute session to find a nice quiet place and tune into yourself. Meditation can improve your mental and physical health by increasing your ability to focus and relieve stress.

COMMUNITY CONNECTION

Connect with others that share similar beliefs and values as you to help grow your spiritual wellness. Some examples include a mentor, friend, or a group that provides meaningful connections. Volunteering in your free time is an easy way to connect with others and a great way to give back.



References

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