



IMPROVING OUR SPIRITUAL WELLNESS

The Spiritual Wellness Dimension is a broad concept that represents one’s personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes:

- Recognizing our search for meaning and purpose in human existence; and
- Developing an appreciation for life and the natural forces that exist in the universe.

AREA	THINK ABOUT...	RESOURCES
Beliefs	<ul style="list-style-type: none"> • Are you taking the time to determine what values, principles, and beliefs are important to you? Have you considered talking about them with others? • Have you learned about other religions and beliefs, and are you respectful of them? • Are you using your spirituality to drive your actions and thoughts and give a better meaning to life? 	<ul style="list-style-type: none"> • Read about other types of beliefs to help you become more understanding, accepting, and open-minded. • Keep your beliefs in your thoughts to use them in your everyday life. • Share your beliefs, values, and principles with others, as appropriate, as a means of deepening relationships and expanding your world view.
Involvement	<ul style="list-style-type: none"> • Have you looked for a group in your community that deepens your spiritual practice and helps you connect with others who share your beliefs? • Are you being social with the people in your organization? • Do you reach out and help others when they are in need? 	<ul style="list-style-type: none"> • Learn about different organizations or groups in your community and decide which ones are the best fit for you. • Find out about the many groups offered within your organization and get involved.
Time	<ul style="list-style-type: none"> • Do you take the time each day to meditate or reflect on your spirituality? • Are you open to exploring different belief systems? • Are you receptive to your own spirituality even in times of pain and grief? This is when we find how our spirituality can help us most. • Do you take the time to appreciate the beauty of nature when possible? 	<ul style="list-style-type: none"> • As often as possible, find a peaceful location to reflect and meditate. • Learn other religions through books or conversation.

WAYS TO IMPROVE MY
SPIRITUAL WELLNESS



WHAT I WILL DO	WHAT I NEED