

Spiritual Wellness

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Weekly Wellness Newsletter
Volume 2, Issue 1

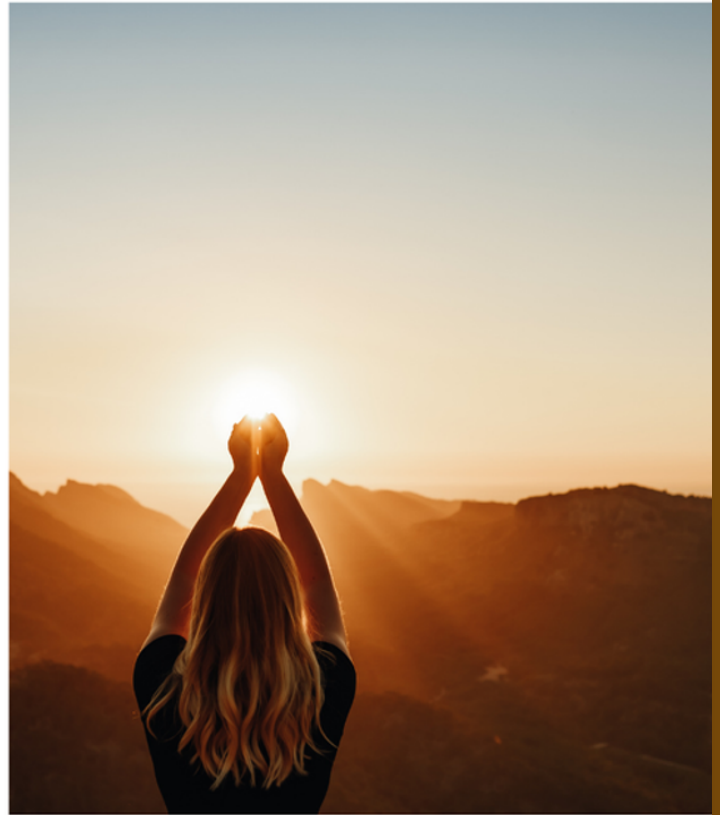


What Is Spiritual Wellness?

Spiritual wellness is a sense of purpose and meaning in life, often related to beliefs, values, and connections to a higher power.

Why Is Spiritual Wellness Important?

Spiritual wellness is important because it gives life a stronger sense of meaning. We learn to appreciate life experiences, and can see value in each of them. Helps develop connections, and overcome hardships, creates a greater satisfaction during days, and boosting our overall well being.



What is Spiritual Health: Understanding Spiritual Wellness



What is Spiritual Health:
**Understanding
Spiritual
Wellness**

TIPS FOR YOUR SPIRITUAL WELLNESS

Find Your Purpose

Living without a sense of purpose can lead you to feel unfulfilled. Your purpose gives your life direction and meaning. Find out who you are as a person, what drives you in life, and if life is about serving something greater than yourself.

Follow Your Values

Stay true to your beliefs and values even in challenging situations. Connect with others who share the same spiritual beliefs and values.

Practice Gratitude

Take time every day to reflect on what you are grateful for. Focusing on the positive can help you maintain a positive attitude and feel more connected to the other and the worlds around you.

Forgive

When you don't forgive, it holds you back from fully experiencing life. Practice forgiveness and let go of resentment or any negative emotions. This will make you be in peace with yourself and others.

Practice Compassion

Treat others with kindness, and take action on helping others, listen without judgment, accept others for who they are, encourage other people.

Reflect

Set aside time for self-reflection and introspection. Practice mindfulness to stay present in the moment and focus on the now.

Practice These Goals For Your Spiritual Wellness

1. Explore your personal values.
2. Question and clarify your values.
3. Become aware of how values develop and change from life experiences.
4. Become aware of the differences in others' values.
5. Search for meaning in your own life.
6. Develop integrity by acting in ways that are consistent with your values.
7. Explore the issues related to mortality and your own life and death.



SELF- REFLECTION CHALLENGE: CULTIVATING SPIRITUAL WELLNESS

Welcome to this week's Self-Reflection Challenge, designed to help you deepen your connection with your spiritual self and enhance your overall well-being. Embracing spirituality can provide profound insights, inner peace, and a sense of purpose in life. Let's dive in!

Wednesday - Challenge #1: Daily Mindfulness Practice

- Commit to practicing mindfulness for at least 10 minutes today. Find a quiet space, close your eyes, and focus on your breath. Notice the sensations of each inhale and exhale, letting go of any thoughts or distractions. Embrace the present moment fully, without judgment. Reflect on how this practice affects your mood, stress levels, and overall sense of inner peace throughout the day.

Thursday - Challenge #2: Gratitude Journaling

- Start a gratitude journal today and dedicate a few minutes to writing down three things you're grateful for. These can be simple joys, moments of kindness, or blessings in your life. Cultivating an attitude of gratitude can shift your perspective and foster a deeper sense of contentment and appreciation. Take note of any changes in your outlook and emotional well-being as you engage in this practice.

Friday – Challenge #3: Digital Detox

- Take a break from digital distractions for the entirety of today. Disconnect from social media, emails, and screens, and instead, spend time in nature, engage in creative activities, or connect with loved ones face-to-face. Notice how unplugging from technology impacts your mental clarity, sense of presence, and connection with the world around you.

Saturday – Challenge #4: Volunteer Service

- Engage in volunteer service or acts of kindness towards others today. Whether it's participating in a community service project, helping a friend in need, or simply offering a listening ear, find ways to contribute positively to the lives of others. Notice the fulfillment and sense of connection that comes from giving back, and reflect on how these experiences align with your values and spiritual beliefs.

Sunday – Challenge #5: Reflection and Journaling

- Set aside time for reflection on your spiritual journey today. Journal about your beliefs, experiences, and the deeper questions of life that inspire you. Explore topics such as the meaning of spirituality, your connection to something greater than yourself, and how you find purpose and fulfillment in everyday moments. Use this opportunity for self-discovery and self-expression as you deepen your understanding of your spiritual path.

EXPERT CORNER: DONALD E. BREWINGTON UNIVERSITY CHAPLAIN

It is important that we know and understand that simply eating right and exercising every day won't make us healthy. It may make us look and feel better, but it only scratches the surface. Often when talking about health and wellness, physical and spiritual health are lumped together because they are intimately connected. Scripture tells us in Romans 12:1, "... present your bodies as a living sacrifice, holy and acceptable to God, which is our spiritual worship", This essentially is a declaration that we must take care of our spiritual health as much as our physical health.



While Spiritual health is difficult to measure, the National Wellness Institute suggests, "You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values". One sure way to begin the quest for good spiritual health is to be intentional about our relationship with God; we start that by maintaining constant communication with God. Jesus taught us in Luke 18:1-8, "Men always ought to pray and never lose heart". Prayer draws us to God and makes us yearn for him even more, keeping us fit for our spiritual journey.

Improve Your Spiritual Wellness Now!

Join the WellU RAM Wellness Program

The program offers:

YOGA

From a spiritual wellness standpoint, yoga enables us to practice acceptance and access to inner peace. Yoga sessions on campus take place on **Mondays at 5:00 pm** and **Wednesdays at 12:00 pm**. Both sessions are held at the Chapel.

MINDFULNESS

Mindfulness can foster an increased sense of spirituality by allowing us to disengage from a narrow self-focus, and engaging in a much broader view of interconnectedness in which oneself is not seen as separate from everyday activities, other people, or the world around us. We stay in the present. Mindfulness sessions on campus take place on **Mondays at 8:00 am at the Chapel**. On Fridays, the session is delivered remotely via Zoom.

You can join the remote mindfulness session on **Fridays at 11:30 am** by using the link below:

<https://us06web.zoom.us/j/88312553034?pwd=APR4EZ00TyIhCHWbhuaxUOncoyZSQj.1>

Meeting ID: 883 1255 3034

Passcode: 900069

Join the WellU Wellness Program

Register Now



<https://forms.office.com/r/f94bd9VddP>



Carlos Cervantes

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