

5. Spiritual Wellness

Definition: Personal beliefs and values, having meaning and purpose, developing a sense of balance and peace. An appreciation for the depth and expanse of life and natural forces that exist in the universe. Spiritual activities are often based on cultural, religious, and/or spiritual traditions.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

Spiritual Wellness Checklist

- Making time for activities that enhance connection to self, nature, and others
- Discovering values, principles, and beliefs
- Searching for meaning and purpose in life
- Joining a like-minded community
- Taking time for silence and solitude
- Helping others in need
- Accepting others for who they are
- Being aware of differences in values

Reflective questions

- Do I have a sense of meaning and purpose in life?
- Do I trust other people and accept them for who they are?
- Do I forgive myself and others in ways that support inner peace?
- Do I have values and beliefs that guide my life?
- Do I take time for silence, solitude, or spiritual practices that bring inner peace?