

Spiritual Wellness

Version 1

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Spiritual wellness may not be something that you think much of, yet its impact on your life is unavoidable. The basis of spirituality is discovering a sense of meaningfulness in your life and coming to know that you have a purpose to fulfill. Some gain spirituality by growing in their personal relationships with others, or through being at peace with nature. Spirituality allows us to find the inner calm and peace needed to get through whatever life brings, no matter what one's beliefs are or where they may be on your spiritual journey. Many factors play a part in defining spirituality:

- Faith
- Beliefs
- Ethics
- Morals
- Principles
- Values

Signs of Spiritual Wellness:

- Developing a purpose in life
- Having the ability to spend reflective time alone.
- Taking time to reflect on the meaning of events in life.
- Having a clear sense of right and wrong, and acting accordingly
- Having the ability to explain why you believe what you believe.
- Caring and acting for the welfare of others and the environment

- Being able to practice forgiveness and compassion in life.

Check in with your spiritual wellness:

- Do you allow yourself time alone?
- Do you think about the meaning of life?
- Do you take walks in nature? Appreciate the transformation of each season?
- Do you pause to remind yourself that life isn't all about you?
- Do you put down your phone to just be?
- Do you practice activities that allow you to slow down?