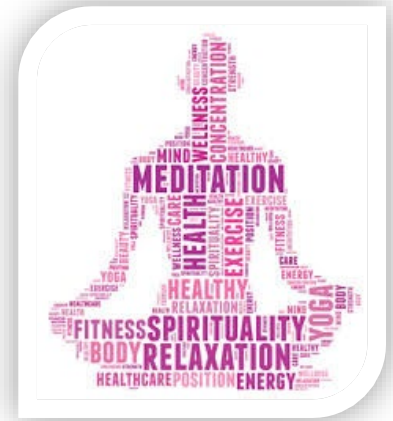


Spiritual Wellness

Spiritual wellness involves seeking meaning and having a purpose in life, as well as participating in activities consistent with one's beliefs and values. Achieving spiritual wellness can involve praying and believing in a higher being, but it may also involve seeking harmony with the universe, expressing compassion toward others, and/or practicing gratitude and self-reflection. When we utilize Spiritual Wellness practices, we can connect our mind, body and soul.



Common practices for enhancing spiritual growth:

1. **Meditation/Prayer** - Take time every day to slow down and reconnect with your higher power or source of energy.
2. **Mindfulness** - This is practicing being fully present, aware of where you are and what you are doing, and not being overly reactive or overwhelmed by what's going on around you.
3. **Spiritual Advisor (Coach /Mentor)** - Seek out someone who will listen to your questions, concerns and situations and will offer guidance from a spiritual perspective.
4. **Gratitude Journal** - There are many benefits to writing in a gratitude journal daily. By writing down three things you are grateful for, you will give yourself a sense of appreciation, and you will decrease stress, gain perspective and be able to focus on what really matters.
5. **Journaling** - By writing down your thoughts and feelings, you are able to process the events and emotions in your life more clearly. This can help you manage stress and gain perspective on your values and beliefs.

The National Wellness Institute says Spiritual Wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.



As you ponder your spiritual Wellness, think about where you are now and where you want to be. Try incorporating the practices listed above into your day, or use one of the many free apps available through The National Center for Telehealth & Technology: (<http://t2health.dcoe.mil/products/mobile-apps>)

Questions? Contact the ART at 363ISRW.ART.363ISRW@us.af.mil or (757)-764-9316