

There are many ways to define wellness. The Substance Abuse and Mental Health Services Administration's (SAMHSA) Wellness Initiative outlines eight dimensions.



SPIRITUAL WELLNESS

Spiritual Wellness involves having a sense of purpose and meaning in life that can bring peace, healing and balance. This can happen in a shared faith community and also through each person reflecting on their unique life journey.

Areas of Spiritual Wellness to focus on:

Self-reflection

Connection

Exploration

SELF-REFLECTION

Take the time to determine what values, principles, and beliefs are important to you.

Values:

The beliefs or deepest desires that are most important to you and guide how you want to live. Some examples are: adventure, career, equality, friendship, openness, risk-taking, teamwork, truth and wisdom.

EXPLORATION

There's no limit to the ways we can explore spirituality. Either on your own, or together with others, consider: spending time in nature, practicing gratitude, helping others, reading books or taking classes.

Beginner's Mind:

Approaching the world with an openness that allows for more creativity and a fresh perspective. This can help you slow down and rediscover the pleasure of experiencing something new.

MIND-BODY-SPIRIT CONNECTION

Regular practices or activities that help bring us calm and focus; can include prayer, meditation, mantras/affirmations, yoga, t'ai chi and more.

Mindfulness:

Paying attention to the present moment (while working to avoid thoughts and worries about the past or future).



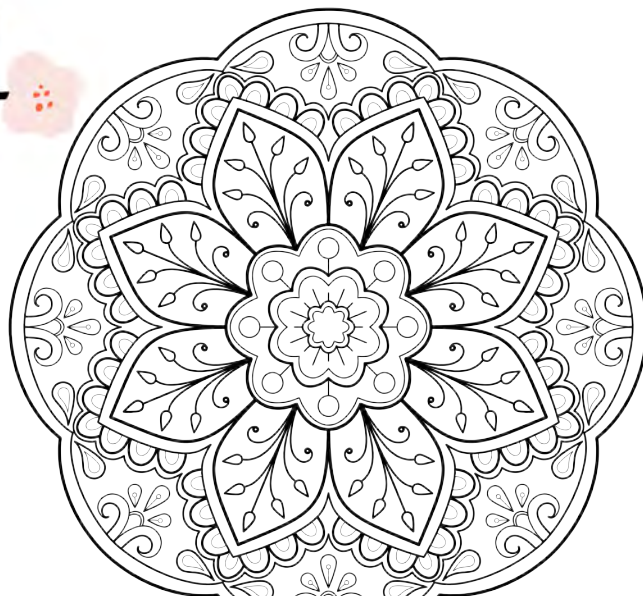
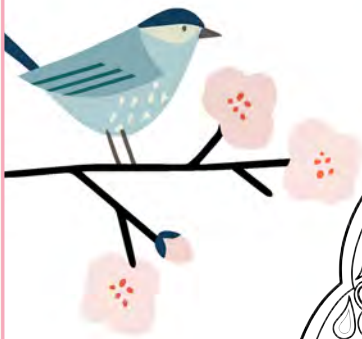
When we work on our Spiritual Wellness, other dimensions of Wellness are also boosted. For more resources, visit virginiapreventionworks.org/activate

SPIRITUAL WELLNESS REFLECTION WORKSHEET

When reflecting on spiritual wellness, you might consider the following:

- 1. Purpose:** I feel a sense of purpose when...
- 2. Peace:** My practices that help me find inner peace and calm are...
- 3. Connection:** I feel connected to something larger than myself because...
- 4. Reflection:** I make time for self-reflection by...
- 5. Mindfulness:** I can be more present in the moment by...
- 6. Compassion:** I work on compassion and forgiveness towards myself and others by...
- 7. Thankfulness:** I express gratitude by...
- 8. Openness:** Living with curiosity like each day is a new adventure can help me...

Coloring a mandala, birdwatching, guided meditation, gardening or affirmations?
What helps you quiet your mind? What helps you connect with your beliefs?



Affirmation:

What word or phrase inspires you?

Examples: "I am strong",
"Don't be afraid", "Say
Yes to Adventures",
"Connect with friends".

Put it where you will be reminded to repeat it often.



Search "mandala" for more designs.