

## Spiritual Wellness

Spiritual Wellness is deciding what your own spiritual feelings and ideas are and how do you express them. They can be based on what you were taught as a child or from a book or class you took. It is a personal journey through life and deciding for yourself what you value and what your purpose is in life.

## Balance of Mind, Body and Spirit:

### A Holistic Approach

Achieving a proper balance in life is not one-size-fits-all program. We are all unique in what we want and need, so bringing your life in to balance may look different then what someone else's looks like. A healthy mind can be defined as one that has a positive outlook on life and allows you to reach for your goals.



There are steps you can take towards achieving a healthy body such as lowering your stress or develop good coping skills. In doing so, you lower your risk of heart disease. Your mind and body work well together. When your body is working the best that it can, your mood can become more positive. To help your body work at its best, you need to eat healthy and have the right amount of exercise.

The third part of this balancing act is your Spiritual health. Spiritual health can be defined as the source of meaning and understanding we have of ourselves in relation to our world. This has to do with our understanding of why we are here. Our self-understanding may be

rooted in religious belief but for some people it is as simple as how we think how we fit into this world.

To understand ourselves better some people write a wellness recovery plan, they journal, draw or write stories. Make lists of your greatest strengths or you accomplishments. Write about what makes you laugh or what you want to change. This is your journey of discovery so it should be what you want to do and what you think will help you understand yourself best.

**Much of life is getting the right balance.** When we are well-balanced, we are able to work at our best. It is important to know that people who have some sense of their place in the world, or who understand their purpose, have been shown to be healthier and happier than people who do not. For this reason it is important that each of us keep developing our own spiritual health.

Everyone experiences spirituality in their own way, and that is okay. To help you better appreciate the positive aspects in your life, you can write a **“gratitude list”**. On a blank sheet of paper, write three things you are thankful for. Another good exercise is to find out your **“Overall outlook of life”**. If you have a positive outlook, you will enjoy life more.

**To find out your overall outlook on life, rate these by circling the number that most fits your outlook:**

1=Most of my thoughts are negative

1   2   3   4   5

5=Most of my thoughts are positive

1=I expect the worst outcomes  
5=I expect the best outcomes

1 2 3 4 5

**To get in touch with your spiritual nature, finish the following statement.** List the things that are important to you. Remember, there is no right or wrong answers. It is what is personal to you. Once you know what means the most to you, make your activities match up with what you believe. You will enjoy life more.

### I Believe

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This Tip sheet was adapted from the Eli Lilly and Company Team Solutions -Workbook 10