

Q: What is the goal of having Spiritual Wellness?

A: The goal is to strive towards expanding our sense of purpose and meaning in life.

*KEY = Keep Educating Yourself

April 2019

Q. What are some ideals that may be associated with spiritual wellness?

A: When including daily practices of spiritual wellness, you can focus on your mind, body, and soul connection to maximize the good in your life.

A person with spiritual wellness:

- Makes time for practices that enhance their sense of connection to self, nature, and others
- Participates in activities that are consistent with one's beliefs and values
- Practices gratitude and self-reflection
- May include prayer and the belief in a higher being
- Expresses compassion towards others
- Fuels their body, engages their mind, and nurtures their spirit¹

Q. Can you provide a few web sources that pertain to some aspects of spiritual wellness?

A. Certainly!

- Navigate: An Exploration of Life and Vocation How can I tap into my talents and passions and do something meaningful in the world? This might be the group for you!

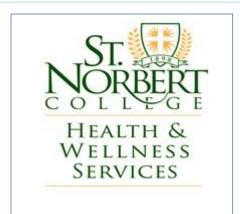
 Apply by April 5th.
- ◆ God Plays a Purple Banjo: 42 Stories of Inspiration, Hope and Humor

Author Deacon Steve Meyer opens a window on the ordinary to let in the light of the extraordinary during his April 11th presentation at the St. Norbert Abbey Register by April 8th.

Lent 2019 Reflections

View the *Best Lent Ever* videos by Matthew Kelly of The Dynamic Catholic Institute.

Source: 1. University of Maryland
https://umwellness.wordpress.com/8-dimensions-of-wellness/



To Learn More about Wellness By Design

speak with

Health & Wellness Services @ 920.403.3266 Counseling & Psychological Services @ 920.403.3045 Office Hours:

> Monday – Friday 8:00 AM to 4:30 PM Located on the 2nd floor of the Mulva Family Fitness & Sports Center https://www.snc.edu/wellnessbydesign/

