



**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 spirit<sup>1</sup>

**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 5<sup>th</sup>.



◆ **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 11<sup>th</sup> presentation at the St. Norbert Abbey Register by April 8<sup>th</sup>.



◆ **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 2<sup>nd</sup> floor of the

Mulva Family Fitness & Sports Center

<https://www.snc.edu/wellnessbydesign/>

