

## Importance of Spiritual Wellness

In order for us to function fully, all aspects of ourselves must be balanced. Our mind, body and soul have to be in harmony with each other. We cannot focus on the material and neglect the spiritual. People may think that being spiritual is difficult and demanding, but that is not the case. You can experience being spiritual when you enjoy listening to a beautiful piece of music, looking at an amazing work of art, or reading an inspirational book or poem.

- You experience spiritual moments when you walk through the woods and connect with nature, walk along a beautiful beach, or when you see the sun set.
- You experience a spiritual connection with others when you work together to reach a common goal, such as raising funds to help those in need, playing on a sports team, being in a musical band or orchestra, or anything that involves teamwork and cooperation with others.
- When we are in tune with Nature, each other, and ourselves, we are being spiritual. There are so many wonderful ways that we can make, and take the time, to "connect".

## How to Become More Spiritual

- **Take time for yourself.** Rejuvenate your spirit and nurture yourself by listening to relaxing music. Read inspirational literature; get a massage.
- **Help those in need of your assistance.** When you help others, you automatically connect better with the rest of humanity. Volunteer as a big brother or sister, coach little league, donate to the food shelter.
- **Practice gratitude.** There are so many things to be grateful for in life. Take time to reflect on them and acknowledge how fortunate we all are for family, friends, and endless opportunities.
- **Practice mindfulness.** Become aware of your environment. Be aware of yourself within your environment. Enjoy the colors and smells of nature around you. Enjoy the feel of rain falling on your nose and the wind blowing on your face.
- **Express yourself.** If you don't already engage in artistic or expressive activities, learn to dance, sing, play a musical instrument, or take art lessons. It puts you in touch with your creative, right brain side. We all need balance the logical, linear aspects of ourselves.

Source: <http://www.essentiallifekills.net/what-is-spirituality.html>



**“I’m trying to develop an ‘attitude of gratitude’ but the best I can muster is a ‘sentiment of resentment’.”**