



SPIRITUAL WELLBEING 101

If you are new to exploring spiritual wellbeing, your question may be: Where do I start? Below are some tips for being aware of and focusing on your spiritual wellbeing.

Explore your spirituality

- Think about what your purpose is and what your values are
- Ask if your purpose and values align with your current behaviors
- Examine your beliefs and your connection with humanity

Find meaning

- Take notice what brings you joy and gives you purpose
- Discover what gives your life meaning and think about how you can incorporate more of that into your daily life

Develop Mindfulness

- Mindfulness is defined as intentionally focusing on the present moment without judgement, but with curiosity and acceptance instead
- [Therapy Assistance Online](#) is a free, evidence-based resource for mindfulness meditations

Express yourself

- Try journaling or other creative forms of expression to help sort out your thoughts. Writing our thoughts can help us make sense of them

Get out in nature

- Go on a contemplative walk - reflect on what has been going well and what has been challenging
- Take time to revel in the beauty of the outside world

Meditate or pray

- Use guided meditations or prayers that take you through the practices, especially if you are just starting out - follow [@XUCEJ](#) on Instagram and check out their Examens and Reflections

Adopt a daily gratitude practice

- Gratitude can help us find the positive in life, no matter how big or small

