

HEALTHFUL HACKS

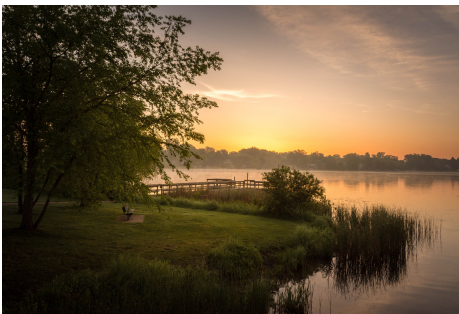
➔ Benefits



- **Positive Impacts of Spirituality**
 - May feel a higher sense of purpose, peace, hope & meaning
 - May experience confidence, self-esteem, and self control
 - Can help make sense of experiences in life
 - Those in a spiritual community may have more interpersonal support
 - Can improve your relationship with yourself and others
 - May encourage mindfulness, such as self-reflection and meditation

Resource: <https://www.webmd.com/balance/how-spirituality-affects-mental-health>

➔ Additional Resources



- **Spiritual Books** - *Barnes & Noble*
- **Religion & Spirituality Podcasts** - *NPR*



SPIRITUAL WELLNESS

Spiritual wellness involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life. It encompasses a high level of faith, hope, and commitment to your individual beliefs that provide a sense of meaning and purpose.

Tips for Spiritual Wellness

- Spending quiet time alone
- Be fully present in everything you do
- See opportunities for growth in the challenges life brings you
- Praying or taking part in organized religion
- Practicing meditation or yoga
- Building awareness through journaling
- Serving your community
- Spending time in nature
- Appreciating the music and the arts

Personal Reflection Guide

- What gives my life meaning and purpose?
- What gives me hope?
- How do I get through tough times? Where do I find comfort?
- Am I tolerant of other people's views about life issues?
- Do I make attempts to expand my awareness of different ethnic, racial, and religious groups?
- Do I make time for relaxation in my day?
- Do my values guide my decisions and actions?
- Do I practice activities that allow me to slow down?

Practicing Spirituality on UND's Campus

- American Indian Center, Meditation & Reflection Room
- Christus Rex Lutheran Campus Center
- Hopper Danley Spiritual Center
- Memorial Union, Reflection Room
- St. Thomas Aquinas Newman Center
- Quiet Lounge & Zen Den, Wellness Center
- Wittenberg Lutheran Chapel

For more information, click [here](#).

Resources:
<https://www.lhsfna.org/spiritual-wellness-what-is-your-meaning-and-purpose/>
<https://www.grcc.edu/faculty-staff/human-resources/professional-development/employee-wellness/seven-dimensions-wellness>