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See opportunities for growth in the challenges life brings you  
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Building awareness through journaling  
Serving your community  
Spending time in nature  
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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.lhsfn.org/spiritual-wellness-what-is-your-meaning-and-purpose/  
-https://www.grcc.edu/faculty-staff/human-resources/professional-development/employee-wellness/seven-dimensions-wellness