

Spiritual wellness involves one's values, beliefs, and purpose, and it can be achieved in several ways both physically and mentally.

Are you meeting your own expectations when it comes to spiritual wellness??? When these goals are met, it puts harmony in one's life, and the others they surround themselves with.

1. **Explore your spiritual core** – Ask yourself questions that will lead you down a road where you can think more in-depth about yourself and allow you to notice things about yourself that will help you achieve fulfillment.

2. **Look for deeper meanings** - Looking for deeper meanings in your life and analyzing occurring patterns will help you see that you have control over your destiny.

3. **Get it out** - Expressing what is on your mind will help you to maintain a focused mind.

4. **Try Yoga** - Yoga is a physical technique that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body.

5. **Travel** - When you are at a place where your mind can keep out distractions and help you reflect and rest, you will have a better connection with yourself.

6. **Think Positively** - When you eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed.

7. **Take time to meditate** - Fitting mediation and relaxation into your lifestyle will free your mind and foster a stronger relationship with your spiritual wellness.

Source: <https://news.illinoisstate.edu/2014/02/7-ways-improve-spiritual-wellness/>

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"My staff just left for a ten-day stress management retreat.
I'm feeling more relaxed already!"