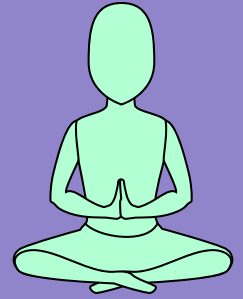


TIPS ON IMPROVING SPIRITUAL WELLNESS



1

Find your purpose. Spiritual wellness is not solely defined by the religion you follow. It's described as discovering a sense of purpose and meaning in your life. Once you determine what drives you in life and what you are passionate about, focus energy into those respective activities.



2

Explore your spiritual core. If someone asked you to describe yourself in 3 words, what would you say? Many individuals would struggle with this activity. Finding who you are as a person or striving toward becoming the person you want to be are exercises which spiritually well persons partake in.



3

Meditate and be mindful. Meditation and mindfulness are two practices which can help to build your spiritual wellness, as well as emotional wellness. Meditation can aid in relaxation and de-stressing, which can help you to keep a clear and level head. Mindfulness teaches multiple beneficial skills, specifically geared toward living your life with less judgement.



4

Look for patterns in your life. Assessing different occurrences which happen in your life frequently can help you to gain control over them. Do you and your significant other fight over the same thing every week? Do you find yourself over-indulging in various aspects of your life, such as with food or shopping? Recognizing these patterns and looking deeper into why they are happening can help you to achieve greater spiritual wellness.



5

Take time to travel. Whether it's a day-trip or the trip of a lifetime, traveling can help you to become more in-sync with yourself and who you are as a person. Traveling often allows for time for relaxation and self-reflection, which can help to improve your spiritual wellness.

