

# Definition of Spiritual Wellness

Maintaining optimal meanings, beliefs, values, attitudes, purposes, and love toward life, world, or divinity.

- The word “Spiritual” refers to the fundamental dimension of human life – one’s connection with the source of life or divinity and one’s innermost self – that provides you with a profound sense of self awareness and faith on who you are, where you came from, why you are here in the world, what you need, how you live, where you’re going, etc.
- Spiritual wellness is an evolutionary process of discovering meaning and purpose of life and includes; seeking truth, thinking of others, healthy eating, loving, playing, serving, working, healthy sleep habits and living a spiritually driven life
- Spiritual wellness corresponds to harmony with oneself and others
- Spiritual wellness reflects a positive attitude towards life and faith, which helps to change the impossible things to possibilities in people’s lives despite the normal ups and downs in life.
- Spiritual wellness means hope, positive outlook, acceptance of death, forgiveness, self-acceptance, commitment, meaning and purpose. Also includes clear values, sense of worth, peace, worship, prayer, and meditation.

## Benefits of Spiritual Wellness

There are various physical, mental benefits of spiritual wellness.

- It helps to us physiologically by controlling the secretion of hormones, improving blood supply and other metabolic activities of the body. This helps keep one spiritually healthy with elated mood of joy, happiness and wellness.
- Helps in reducing stress level, depression, which is the main problem faced by people in the world.
- It slows the process of aging and less likely to get ill. People who are spiritually healthy live longer life than other people.
- It helps to lower blood pressure and makes it less likely to put people at risk of heart disease.
- It reduces blood sugar level, reduces the chances of diabetes, improve digestion, and the immune system.
- Helps in sustaining concentration as studies showed that it improves brain wave function and gives the feeling of calmness and relaxation.
- Spiritual practices and exercises help to improve memory, cognition, and thickness of brain.

## Spiritual Wellness Lifestyle Guidelines

- Acquire truth and way of life as seeking the source of Life and the creative world. Develop a truthful and positive relationship between spirit of divine and self.
- Develop love, trust, faith, belief, values, and positive attitude toward the Universe.
- Give respect, love, forgiveness, gratitude, thankfulness to other people.

- Stand for justice, advocating for rights of others and always do right things.
- Practice prayer and meditation which will increase rational thinking and concentration.
- Find time to talk to yourself and friends about thoughts and feelings.
- Find quiet time for you to recharge and get refresh. Think about present moment and how you can uplift yourself.
- Spiritual health activities are not expensive, with no side effects and have many advantages and concern about the welfare of whole humanity.
- Attend and participate in the body of faithful people or faith-based organization.
- Help in making strong relationship at micro level (within oneself) and at macro level (one with others) which promotes healthy and deep relationships.
- Express joy in difficult situations, be calm and help others to be calm
- Connect with others and pray together which increases psychological awareness and deepens spiritual well-being
- Volunteer with an organization that provides food, shelter, resources for people in need for a greater satisfaction of self
- Meditation is primary way of improving spiritual health particularly focusing on breathing and avoiding distractions of thoughts
- Doing these things will enhance your spiritual health and allow you to experience greater balance, peace, and satisfaction in everyday life
- Read articles, journals, books and uplifting television and internet programs which helps to improve spiritual health.
- Some possible spiritual activities might be baking, cooking, gardening, running, knitting, playing piano, hiking, meditation, golfing, doing yoga, tai chi or calligraphy.