The spiritual dimension of wellness involves seeking meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

As you begin to develop the spiritual wellness dimension of your life, taking the Wellness path, spiritually, you’ll start asking the question, who am I and what is meaningful in my life. You’ll observe the scenery along the path, the world around you with appreciation and wonderment. You’ll ask many questions about the scenery, the world, as well as your everyday experiences, and learn to value that which cannot be completely understood. Growing spiritually, you’ll try to find peaceful harmony between internal personal feelings and emotions and the rough and rugged stretches of your path.

While traveling this path, you may experience many feelings of doubt, despair, fear, disappointment and dislocation as well as feelings of pleasure, joy, happiness and discovery—these are all important experiences and components of the terrain, your value system. You’ll know you’re becoming spiritually well when your actions become more consistent with your beliefs and values.

On this excursion, you’ll continually think about and integrate your experiences and beliefs with the experiences and beliefs of those around you. With this valuable spiritual wellness information, you’ll be able to engage in the formulation of your world view, and your system of values and goals” (Definition of Wellness, n.d.)

**Explore the spiritual dimension by:**

- Writing in a journal
- Watching the sunrise or sunset
- Talking to a spiritual advisor
- Finding time to reflect at the end of the day
- Getting out and observing nature, utilizing all of your senses

**Tips for optimal spiritual wellness include:**

- Developing a deep appreciation and acceptance for things that cannot be completely understood
- Tolerating values and beliefs of others
- Participating in activities that are consistent with personal values
- Exploring your spiritual core
- Spending time alone/meditating regularly
- Being fully present in everything you do
- Seeking harmony between what lies within as well as the forces outside

Make some time in your life to explore the spiritual dimension if you’re not doing that already!
Steps to Encourage Spiritual Wellness

“Spiritual wellness is the process of getting in touch with your spiritual core. It is a dedication that is unique for each individual. This process can vary from attending church to practicing meditation, or both. It is the process of looking within to become more in touch with the spiritual dimensions of your life.

- **Explore your spiritual core**—ask yourself the big questions: Who am I? Why did I come here? Why do humans/the world exist? Why is there evil? What happens after death?

- **Be quiet**—spend time alone and meditate regularly. Meditation is the process of being fully here, with all concentration focused on the now. By living in the present and letting go of the past and not worrying about the future, we can achieve the inner peace that we strive for while practicing meditation. There are many forms of meditation; find out which one is right for you.

- **Be inquisitive and curious**—an attitude of active searching increases your options and your potential for spiritual centering. Don’t shut doors before you check out what’s behind them.

- **Be receptive to grief and pain**—pain is a deepener. Allow yourself to feel the pain fully, then ask what it’s trying to teach you.

- **Be and Do**—spirituality is about more than reading; it’s about “doing” and being fully in the present moment in everything you do.

- **Witness the choices you make in each moment**—bring them into consciousness; ask yourself what the consequences of a choice are and if the choice will bring fulfillment and happiness. Listen with the heart and be guided by messages of comfort and discomfort. If there is comfort, go for it! If there is discomfort, pause and re-evaluate.

- **Practice acceptance**—see that life right now is as it “should be.” Do not struggle against the universe by struggling against the moment. Take responsibility for your life without blaming anyone, including yourself. See what the situation can teach you and how you can share this teaching with others.

- **Practice detachment**—allow yourself and those around you the freedom to be who they are. Recognize uncertainty as an essential aspect of life. See that solutions come out of problems, confusion, and chaos, and that uncertainty is the path to freedom.

- **Be playful**—spirituality is in music, art, dance, laughter, singing, and all of life.

- **Look for deeper meanings**—if you notice that certain themes keep coming up over and over in your life, rather than feeling like you have no control over the situation, ask for the deeper meaning of the pattern to come to you. See the gift in your greatest troubles/problems/challenges. The Chinese word for catastrophe is the same as their word for opportunity.

- **Take “seven breath” breaks**—stop periodically throughout the day, close your eyes, and take seven deep, slow belly breaths. Then, open your eyes and see the new world.”

(Definition of Wellness, n.d.)
First Thing Every Morning

I was just thinking about an irrefutable truth: I can’t control what life does to me—but I can control how I react to what life does!

If that is true—and it is—then that means I must make a choice every day. I can be happy or I can be sad. I can be positive or I can be negative. I can look up or I can look down. It’s a choice I can make. It’s a choice I must make every single day.

The fact is, we live in a very negative world. Radio commentator Paul Harvey once told me that 93.7% of what you and I see and hear each day is “bad news.” For example, instead of “80% chance of sun,” we have “20% chance of rain!” If you really want a good day every day, it’s up to you to do the things successful people do...

One of the best ways to have a good day is to start the day right… by beginning each day with a short reflection that lifts your spirits and lightens your load. It will set the tone for the rest of the day… you will soon see it’s not the outlook, but the uplook, that matters. Far too many people tell me, “I’ll believe it when I see it!” No-no-no … you’ll see it when you believe it!

One of the people who made a positive impact on America—and the world—is Dr. Will James, a pioneering American psychologist and philosopher. One of his best-known gifts was the discovery in the 1880’s, something equally true today: “Human beings by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

...you already know the ideal time… right when you get up. Get out of bed on the first ring of the alarm. Now don’t laugh, but the repetitive action, difficult at first, will turn into a good habit. I’ve read many reports from those who study “Sleep Learning.” They say the first 18-37 minutes of the day determine the way you will go through the day...Ten to fifteen minutes a day. Don’t rush.

During the day surround yourself with Positive Reinforcers—think of it as good PR. Among my favorite PR activities:

Sing in the shower, while you dress, in the car, when you’re mowing the grass… We don’t sing because we’re happy; we’re happy because we sing!

Turn off or delay watching the morning news (often a downer!) Plan your goals for the day.

Around the breakfast table, make it a habit of starting the day right. In our family, each person must share one good thing that happened the day before and one good thing we expect to happen today.

Listen to motivational content as you exercise or drive in the car. A study at UCLA on the average amount of time people spend in the car reveals: You could have the equivalent of three years of college in only six years! So use it positively.

As you stockpile the positive news, here’s another tip: Write down your favorite quotes. Put them in your wallet or up on a bathroom mirror. Copy them into your iPhone or e-mail them to friends. This reinforces the ideas and makes them belong to Y-O-U. One of my favorite quotes came from John Wooden. My daughter decoupaged a copy, and now it occupies a prominent place on my desk: “Things always turn out best for those who make the best of how life turns out.”

Dr. John McKitter of the University of Texas often talked about an “engram.” That’s the notion that after you hear or read something six times, it changes your neurological tissue and forms a memory. So surround yourself with positives sayings and ideas, AND keep repeating them...

Welcome to a better day… a better life…and a better YOU! Today is the first day of the rest of your life (Timberlake, 2009).

*Excerpt taken from the Simple Truths book, First Thing Every Morning.
**Spiritual Wellness Assessment**

The spiritual dimension of wellness involves seeking meaning and purpose in one’s life. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points  
Sometimes/occasionally = 1 point  
Very seldom = 0 points

1. I feel comfortable and at ease with my spiritual life.  
2. There is a direct relationship between my personal values and daily actions.  
3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.  
4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.  
5. Life is meaningful for me, and I feel a purpose in life.  
6. I am able to speak comfortably about my personal values and beliefs.  
7. I am consistently striving to grow spiritually and I see it as a lifelong process.  
8. I am tolerant of and try to learn about others’ beliefs and values.  
9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.  
10. I appreciate the natural forces that exist in the universe.

_____ Total

Score: 15-20 points—Excellent strength in this dimension.

Score: 9-14 points—There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0-8 points—This dimensions needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember the goal is balanced wellness!

*"Spiritual Wellness Assessment" taken from definitionofwellness.com.

**REFERENCES:**


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