Spiritual Wellness
Presented by Daytona Campus
What is spiritual wellness?

• National Wellness Institute: “Our Search for meaning and purpose in human existence”

• Two tenets
   It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant
   It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves

• Asking deep questions: Who am I? What do I value? What is my purpose in life?
How is spiritual wellness measured?

- Our actions becoming more consistent with our beliefs and values
- Harmony between what lies within and the social/physical forces that come from outside
Ways to practice and incorporate spiritual wellness?

• Meditation
• Prayer
• Affirmation
• Journaling/Personal reflection
• Specific spiritual practices
  ❖ Connection to a higher power or belief system
Practice: Meditation

• **Definition:** to engage in reflection or and/or mental exercises for the purpose of reaching a heightened level of spiritual awareness

• It is an experience of relaxing the body, quieting the mind, and awakening the spirit.

• Facilitates a deepening of consciousness or awareness of the world and others.
Types of Meditation

• Self-paced individual meditations

• Individual meditation with a wellness educator

• Group-guided meditation
Meditation Resources

- **Daytona:** Daytona Yoga and Wellness Center
- **Orlando:** Vajrapani Kadampa Buddhist Center
- **Pensacola:** Breathe Yoga and Wellness Center
- **Sarasota:** Sarasota Mindfulness Institute
- **Fort Pierce:** Meditation Center of the Treasure Coast
- **Tallahassee:** Tallahassee Chan Group
- **Thomasville:** Lotus Yoga and Holistic Wellness

**HOW TO START MEDITATING**

**Breath**

Don’t try to “calm your mind.” Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you’re thinking. Then return to appreciating the sensations of your breath.

**Arms/Hands**

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.

**Eyes**

Decide what you’re going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you’re in, keep them open.

**Legs/Feet**

If you’re sitting in a chair, keep your feet flat on the floor and your spine straight. If you’re sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.

**Time**

Meditation isn’t about length; it’s about frequency. In the same way you don’t get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.

**Emotions**

Long-term meditators show increased size in brain regions associated with emotional regulation. “Larger volumes in these regions might account for meditators’ singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior,” according to a UCLA study.

Practice: Journaling

- Journaling exercise topics include:
  - “Quiet the mind”
  - “Process emotions”
  - “Recover”
  - “Grow”
Specific Spiritual Practice Resources (not exhaustive)

Finding a house of worship near you:
• Judaism: http://synagogues.find-near-me.info/
• Buddhism: http://buddhistchurchesofamerica.org/templechurchfinder/
• Catholicism: http://www.thecatholicdirectory.com/
• Islam: https://www.islamicfinder.org/
• Hinduism: http://www.garamchai.com/temple.htm
• Pantheism: http://www.pantheism.net/groups/local

• Resources for LGBTQ exploring religion and faith: http://www.hrc.org/explore/topic/religion-faith?gclid=CjwKEAjw3KDIBRCz0KvZIJ7k4TgSJABDqOK7xFjY3-elpuitqTlyqZcuAiEONVLBu5sGJLN95DRs3RoC6G3w_wCB
Specific Spiritual Practice Resources (not exhaustive)

• There are many different support groups with spiritual foundations (alcoholics anonymous, local bible studies/small groups, etc)

• Example – Al Anon: peers who share their experience in applying the Alcoholics Anonymous principles to problems related to the effects of a problem drinker in their lives
  • Tallahassee: http://www.tallyalanon.org/
  • Daytona: http://www.nfdist4afg.org/
  • Pensacola: http://www.alnwfl-al-anon.org/
  • Sarasota: http://www.al-anon12.org/
  • Orlando: http://www.al-anonorlando.org/
  • Fort Pierce: http://www.southfloridaal-anon.org/WW/District_140_Meeting_Info_10-10.htm
  • Thomasville: http://aanc24.org/al-anon-meetings/
Ways practicing spiritual wellness can impact your life:

• When our actions are a reflection of our values we can...
  • Become more compassionate
  • Gain a greater capacity for love and forgiveness
  • Act more altruistically
  • Be joyful
  • Feel fulfillment

• “If you lose the perspective on what drives you then medicine transforms from a passionate calling into a rigorous chore”
Personal reflection: What does spiritual wellness mean to us?

• “...Your way of recentering your mind.”
• “when I feel inline with myself”
• “Having a larger-than-self perspective”
• “spiritual wellness means staying on track with my Christianity”
• “something in which you are clearly able to define what values and purpose you carry on a daily basis”
Resources for this presentation:

• https://wellness.ucr.edu/spiritual_wellness.html
• https://www.unh.edu/health-services/ohep/spiritual-wellness