

Spiritual Wellness



Spiritual wellness brings forth many meanings and images. Spirituality is different to organized religion, although not mutually exclusive. Here are some definitions:

- A connection to a life force bigger than you
- Tied to matters of the spirit
- The relationship between oneself and their spirit
- Meanings and beliefs that give purpose to one's life
- Ethics and the practice of them

Here are some ways that individuals practice spirituality and maintain spiritual wellness:

- Taking a walk in a garden or along the ocean
- Journal writing
- Meditating
- Praying
- Being amongst close friends
- Playing music
- Breathing with mindfulness
- Community service

Research tells us that spiritual wellness is linked with positive health outcomes. It has shown to help, through various mechanisms, with health and wellness including stress reduction, depression, decreased blood pressure, anxiety and insomnia.

So, what does spiritual wellness mean to you?

What would a practice of spirituality look like?

How would you incorporate it into your life?

If you already have a practice, how do you integrate it into your life as a student?

If you are away from your home country or place you call home where your practice might have been stronger, how can you develop a new kind of relationship with your practice and weave it into your life in the Bay Area?

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If you are new to this concept, start by defining spiritual wellness for yourself. How can that definition find expression in a meaningful practice? How can you incorporate that practice into your life? How can you use that practice to help you with the everyday stresses and anxieties?

This discovery may take weeks or months. Take the time to investigate and process what comes up for you whether it be thoughts or emotions. If you have a practice, encourage it by dedicating time to it every week. Make it an intrinsic part of your weekly schedule.

Quotes from Cal students on what Spiritual Wellness means to them and ways they use Cal campus to incorporate it into their lives as students:

Being in tune with my feelings and emotions. A sense of self awareness, and where I stand in relation to my community and the world.

To be in sync with more than the mind and body; to be one with the life force.

Having a goal; knowing where you want to go.

Beliefs that provide comfort in times of distress or other troubles.

Sense of fulfillment, satisfaction, comfortability with how you perceive your larger connection to the world.

The ability to appreciate life as meaningful and not just routine and boring.

I go running on the fire trail and appreciate the beauty of nature.

Spending time "just being" on the lawns; Spending time to reach out in a moment of kindness; Yoga classes or exercise facilities or running around campus.

The Cal campus promotes the RSF for mind and body wellness because exercise allows students to take a break and be physically active.

I take walks around campus, enjoy the nature, the serenity of the environment. Learn to enjoy/accept my environment.