



SPIRITUAL WELLNESS

Finding What Grounds You

Spiritual wellness is about connection to something larger than yourself — whether that's faith, nature, purpose, or simply a quiet sense of meaning. It doesn't require a specific belief system, only an honest exploration of what grounds and centers you.

"You don't have to have it figured out. You just have to stay curious."

A GENTLE PRACTICE: PAUSE, REFLECT, CONNECT

This practice invites a few quiet minutes to reconnect with what feels meaningful.

- 1. Pause.** Find a few quiet minutes, free from noise or distraction.
- 2. Reflect.** Ask yourself what has felt meaningful or sacred to you lately, even in small ways.
- 3. Connect.** Choose one small ritual this week — a walk, a prayer, a moment of gratitude — to honor that meaning.

REFLECTION PROMPTS

- *What makes me feel most connected to something greater than myself?*
- *When do I feel most at peace, and what's present in those moments?*
- *What is one belief or value I want to nurture more intentionally?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.



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Science-Backed Practices for What Grounds You

These practices are drawn from the research on spiritual wellness — small, doable ways to connect with meaning and purpose. Try one this week, not all nine.

NINE WAYS TO PRACTICE SPIRITUAL WELLNESS

Meditation / contemplative practice

RETREAT-READY

Reduces existential anxiety and increases sense of purpose and meaning.

Nature immersion / awe walks

RETREAT-READY

Awe experiences reduce self-focus and increase prosocial feelings (Keltner).

Values clarification exercises

RETREAT-READY

Identifying core values predicts psychological wellbeing and resilience.

Prayer / ritual practice

RETREAT-READY

Regular ritual tied to meaning-making and community reduces mortality risk.

Gratitude & forgiveness work

RETREAT-READY

Forgiveness interventions reduce hostility and depression.

Labyrinth walking

RETREAT-READY

Meditative walking path linked to reduced anxiety and increased insight.

Ceremony & rites of passage

RETREAT-READY

Structured ritual creates meaning, transition, and community.

Sacred music / devotional chanting

RETREAT-READY

Chanting reduces anxiety and synchronizes brain-heart coherence.

Ikigai / purpose mapping

RETREAT-READY

Japanese purpose framework linked to longevity in Okinawan studies.

You don't need all nine. Choose the one that feels most alive for you right now.