

SPIRITUAL WELLNESS MONTH

Spiritual wellness involves the ability to establish peace, harmony, meaning and purpose in your life

Spiritual wellbeing is unique to each individual. It involves values and beliefs that provide a purpose in our lives; growing in your relationships with others; or being at peace.

W	E	L	L	N	E	S	S
<p>Save The Date Blocked Nov 22 in calendar for upcoming full day Mindfulness Meditation Retreat</p>	<p>Download App Downloaded an app for yoga, mindfulness meditation or tai chi</p>	<p>Take 10 Left work area for 10 mins and relaxed and reflected</p>	<p>Random Act Did a random act of kindness</p>	<p>Take Time Took time to spend quality time with family or friends</p>	<p>Journal Journaled "What are my 3 most memorable experiences?"</p>	<p>Practice Practiced being non-judgmental and having an open mind</p>	<p>Pray, Meditate, Yoga or Worship</p>
<p>Sing Along Sang a song while driving, biking or walking</p>	<p>Practice Practiced not complaining, blaming making excuses or gossiping</p>	<p>Celebrate Celebrated my inner child – played!</p> 	<p>Inspirational Watched or read something uplifting (ie an inspirational story)</p>	<p>Act of Kindness Did something kind for someone else today (compliment, give money to charity, help someone)</p>	<p>Laugh I laughed today</p> 	<p>Be Playful Participated in playing music, making art, dancing or singing</p>	<p>Journal Journaled "Who am I? What is my purpose?"</p>
<p>Take 7 Took 7 Breath breaks – stopped throughout the day, closed eyes and took 7 deep, slow breaths (breath in, count to 7, breath out count to 7, 7x)</p>	<p>Laugh I made someone laugh</p> 	<p>Journal Journaled "What is meaningful to me? What am I passionate about?"</p>	<p>FREE</p>	<p>Make a List What is important to me that provides me with a sense of love, strength, peace of mind and connection with someone or something</p>	<p>Quiet time Found a quiet place and was quiet for a min of 15 mins – focused on the now</p>	<p>Blessing Identified a blessing</p>	<p>Gratitude Started and ended the day expressing your gratitude</p>
<p>Journal Described a time or instance when I felt comfortable and all was right in the world?</p>	<p>Healthy Mind Platter Checked out http://www.drdansiegel.com/resources/healthy_mind_platter/</p>	<p>Practiced Meditation Practiced meditation http://marc.ucla.edu/body.cfm?id=22&oTopID=22</p>	<p>Forgive Freely Forgave someone</p> 	<p>Players Choice Choose your own spiritually healthy habit</p>	<p>Journal Journaled "What gives me hope? How do I get through tough times? Where have I found comfort?"</p>	<p>Sleep Got a min of 7 hrs of consecutive sleep – it's easier to focus your thoughts</p>	<p>Spend time in Nature Watched the sky, sunrise, sunset or Listened to waves, breeze or birds</p>

Challenge yourself to work on at least one square per day. When you complete the task, check off the square. If you complete 17 or more squares shout BINGO, give yourself a pat on the back, and take a bow!

Thank you for your commitment to work towards and sustain your overall well-being!



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