



# WELLNESS WEDNESDAY

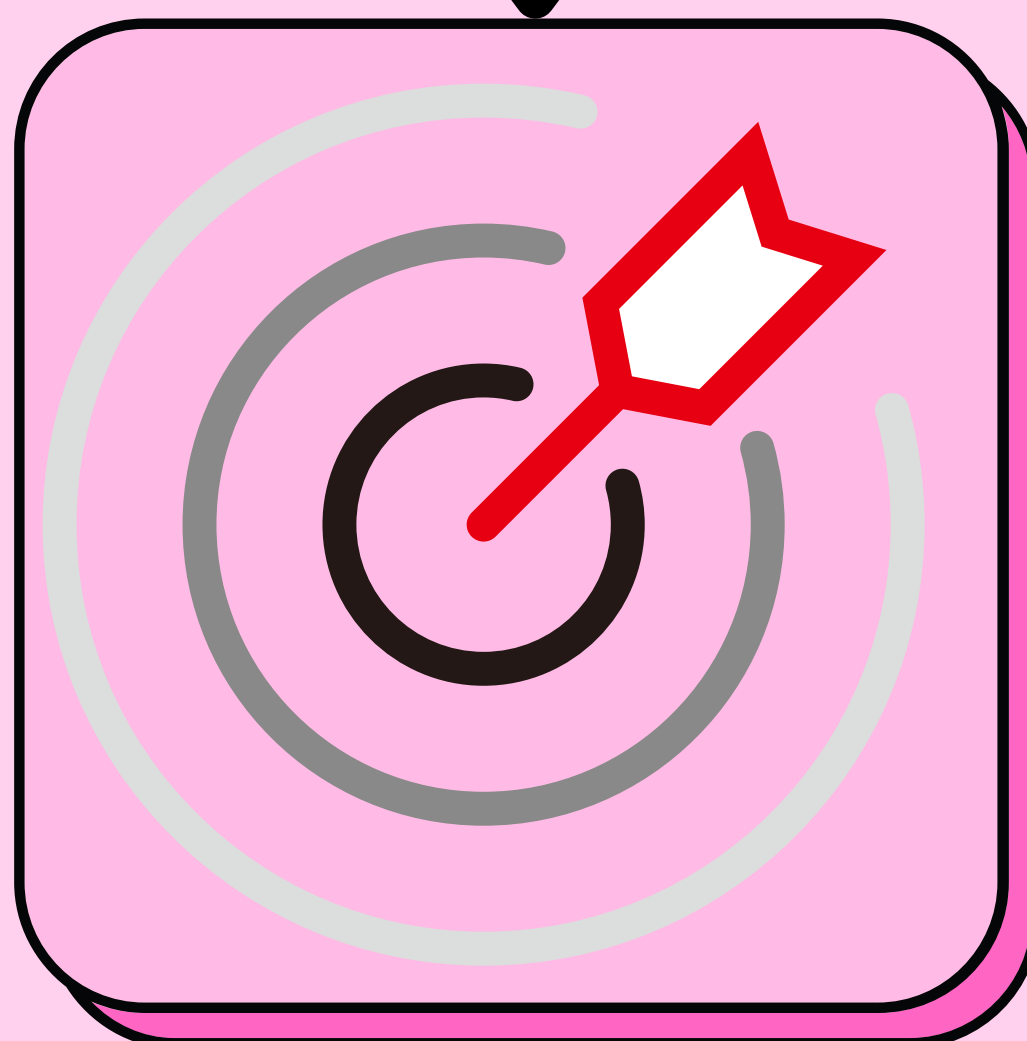
## What is spiritual wellness?

Let's talk about it.

Spiritual wellness refers to the ability to discover and take pride in one's own values and beliefs. It also explores mindfulness, meaningfulness and purpose.



Take the time to think about your **core values**, what they stand for and how they may have changed throughout life experiences.



Discover your **purpose** and reflect on the **deeper meanings** in your life by analyzing your surroundings and daily habits.



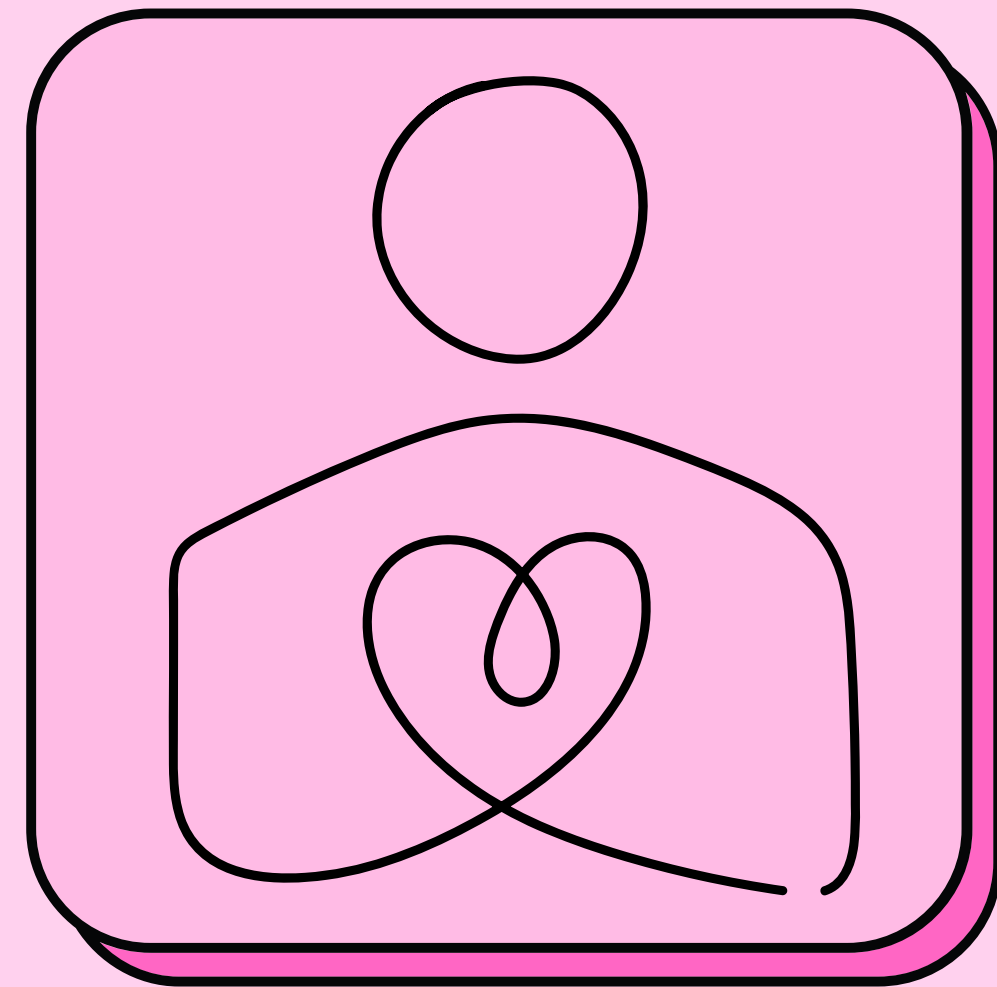
**Practice meditation** in order to allow yourself to experience peace, relaxation and mindfulness.

THINK IT,  
WANT IT,  
GET IT



**Spend time alone and practice self-reflection.** Reflect on the things that bring you joy and their meanings in your life.

**Think positive** and practice seeing things in a more positive way. This mindset will allow you to feel more relaxed and at ease.



**Practice self care,** as well as **care for others** and your **surrounding environment.** Be open-minded to the beliefs of others, practice empathy and forgiveness.

## Spiritual Wellness Videos For Kids

Spiritual Wellness

Values and Beliefs

Finding Positivity

Meditation for Kids

