

# IMPROVING WELLNESS OF THE SPIRIT

By The American Institute of Health Care Professionals, Inc.



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## Introduction

Of all the dimensions of wellness, the spiritual aspect is perhaps the most personal piece of your well-being.

Some of the things associated with wellness of the spirit include, love, joy, peace, patience, kindness, goodness, inner peace and contentment, joy of spirit and religious faith.

Harmony is synonymous with spiritual wellness, and harmony results from finding your own sense of inner peace, spiritual connection and joy.

To be spiritually well, you must find the right balance and meaning in your life according to your own values and beliefs. Improving your spiritual wellness then will vary drastically from person to person, based on what you find peaceful, joyful, purposeful, and spiritually important.

The tips offered here cover a wide range of these and should be customized to meet your needs as you journey toward wellness of your spirit.

## **100 Things To Do To Promote Wellness Of The Spirit**

Here are 100 things you can do to become more spiritually well.

Get to know your spiritual core

Exploring what matters to you and what comprises your spiritual core should begin your journey toward wellness of the spirit.

Ask yourself questions to help understand who you are and from where you derive meaning.

What are your values?

What do you think is your purpose in life?

These will guide you to more in-depth introspection and reflection.

Meditate

Daily meditation is a crucial opportunity for you to connect with yourself. Just five to ten minutes a day of focused meditation can help you create a strong connection with your own spiritual needs.

Meditation also supports focus, inner peace, calm, brain health, mental health, and has numerous other scientifically proven benefits.

Adopt an animal

Volunteering at a local animal shelter or adopting a pet of your own can help you connect with another living creature, provide you with a sense of purpose, and fill your life with companionship and love.

### Search for deeper meanings

To achieve a happier and healthier life, you need to know that you are in charge of your own fate. Look carefully at the recurring patterns in your life and analyze the deeper meaning in your experiences, and you will see that you are in control.

### Look at the more subtle aspects of yourself, too

While looking at the big questions, like "Who am I?" is important, so is examining the more subtle and nuanced aspects of your own preferences, biases, and experiences. What parts of yourself do you not fully understand yet? In what areas do you feel you may have blind spots?

### Travel more

When you travel to unknown places, you are immediately thrust into a situation where you must rely more upon yourself. As you confront new challenges, experience new places, and learn to handle new situations, you can reflect on your values, strengths, and beliefs. Spending time in a new culture can broaden your perspectives, and traveling to spiritual places can help you connect more deeply with your beliefs.

### Express yourself

Getting your feelings out can help you maintain focus and center yourself spiritually. Expressing your emotions in healthy ways is an essential part of being spiritually well.

### Clear your mind

When you have mental clutter lingering around in your mind, it can be hard to focus on your spiritual needs. Emptying that mental clutter provides space for creating calm and working toward your spiritual goals. Let things go so that you can move on.

### Become more aware by giving back

Volunteering and giving back to others not only teaches you valuable skills and lessons about yourself, but it also can help you learn to appreciate what you have in your life.

### Unplug for a bit

Turn off the electronic devices for at least an hour each day. Enjoy quiet time, take a walk, or take a quiet bath. Turn off phones at your next family dinner to spend more time connecting with others.

### Practice your creativity

Creating something is a wonderful way to learn something new and help you connect to parts of yourself. Channeling your spirit through your creative work is an excellent way to connect with what you find to be important.

### Practice yoga

Not only is yoga an excellent practice to improve your physical self, but yoga can also improve your emotional and spiritual self. Yoga can lower your stress, improve your blood pressure, and help you deal with depression or anxiety, which may be impacting your spirit. Yoga is a bridge between your spiritual and physical self, so give it a try to improve your well-being.

### Think before you speak

Learning to consider your words before expressing them is a way to practice patience and consider the needs of others.

### Spend the day alone

Sometimes, a break from everyone else is needed to connect to your spiritual needs. Turn off your phone, get away from it all, and spend the day doing everything you want to do. Removing yourself from distractions can help you identify areas where you need to focus and clear the mental and emotional clutter that is holding your spiritual growth back.

### Engage in curiosity

Actively searching for spiritual meaning and guidance will help you discover hidden potentials. Before saying "no" to something, ask questions, be curious. When you come across ways to improve your spiritual wellness or engage in self-discovery, become curious instead of rejecting it. You may discover a great deal about yourself.

### Get to know your values

Your spiritual self will be at peace when your actions are in harmony with your beliefs and values. Spend time assessing and inventorying your values to understand what guides your life and where you want to go in this world.

## Focus on your health

When you don't value your body and take care of it, you are also neglecting your spirit. Making healthy choices in what you eat means you want to provide your body with the nutrients it needs to be healthy and happy. Without proper nutrition, your body will suffer, and so your spirit.

## Relax

Finding a relaxation technique that matches your needs and works best for you can help you release tension and connect with your deeper needs. Try many activities to lower stress until you have a go-to list of strategies that work.

## Be actively grateful

Make an effort regularly to tell others how much you appreciate them. Send thank you notes or messages and go out of your way to say to others what you value in them.

## Let go of negativity

It's difficult to attend to your spiritual needs when you are carrying around many negative emotions. Release these feelings in healthy ways. Talk to a friend, write them down, stand in an empty field and scream at the moon, but let it out and let them go.

## Be more playful

Play is a powerful activity that frees you to enjoy life's simple pleasures. Play is enthusiastic and freeing, and it provides you with a chance to connect to your inner child. Look for ways to be more spontaneous in your life, and play will come naturally.

## Adopt a positive outlook

Living with a positive attitude encourages happier and healthier thoughts and allows you to re-frame the setbacks and disappointments in life into a more positive light. When you adopt a positive attitude, you can enrich your own life as well as the lives of others, too.

### Develop the ability to delay gratification

Practice stopping and thinking about your real desires and motivations before you reach for your next pleasurable opportunity. Learning to delay gratification can help you develop patience and teaches you to get in touch with the real reasons you are making the choices you select in your life.

### Pray

Whether you focus on meditation or religious prayer, both of these practices are powerful ways to connect to your spiritual self. Prayer doesn't even require religious belief, so if you don't adhere to any specific religion, you can still pray. Prayers are about acknowledging and expressing your hopes and being thankful for the blessings in your life.

### Let go of the past

Wallowing in misery created from the past will not add anything positive to your spiritual present or future. Let go of that old narrative. While things did not work out as planned in the past, you have choices about your life right now that can help you be happier and healthier.

### Stay hydrated

Water is the elixir of life, and drinking enough of it is essential for your physical as well as spiritual self. Drinking plenty of water is a form of self-care that shows you care about your health and well-being, which in turn helps you take care of your spiritual needs.

### Walk a labyrinth

If you have never encountered a labyrinth, you may not be familiar with its purpose. Labyrinths, unlike mazes, have a specific path that will lead you to your goal. They have been used since ancient times as a tool for meditation and reflection. Most labyrinths have an organization that tends it who can help you learn more about how to use them and how to explore your spiritual needs while walking it.

### Learn something new

Keeping your brain active and consistently learning helps you expand your awareness and perspectives, discover new gifts within yourself, and engage your brain in ways that keep it healthy and strong.

### Say grace

The nightly ritual of dinnertime thanks can reinforce your feelings of gratitude. Encourage

### Break a sweat

Do something active every day that forces you to sweat. Sweating is good for your body, and exercise releases endorphins, which can help reduce stress and improve your mood.

### Cut the clutter

Too much stuff can cause stress and force you into feeling anxious, guilty, or distracted. Make your home a peaceful place by getting rid of the excess stuff and streamlining your space. When you keep your area free of clutter, you have more energy to focus on decluttering your mind, as well.

### Practice mindfulness

Living in the moment, also known as being mindful, can help you appreciate life's pleasures and gifts. Give your full attention to those with whom you are interacting and spend time enjoying the details of each moment

in life. Devoting your full attention to something means you value it and it is important to you, so be sure you are mindful of your own needs, as well.

### Learn from every experience

We evolve spiritually by take the lessons that we learn in life and applying them to our behaviors. Instead of shunning challenges and risks, you should embrace them as ways to learn more about yourself and your strengths.

### Plant a garden

Tending a garden can become a spiritual ritual for many. Gardening helps you develop persistence and patience, it is therapeutic to spend time outside in sunshine, and many people find that growing a garden helps them relax and listen to their inner thoughts.

### Tell someone "Good job."

Recognizing the hard and well-done work of others helps you feel good and passing along your positivity and appreciation to the recipient.

### Remember, no one is perfect

While others may try to offer you unwanted advice or treat you disrespectfully, remember that they are just trying to figure it all out, too. No one has it all together, and many times people last out at others when they are hiding their own struggles. If someone treats you poorly, just smile and remember they are likely struggling, too.

### Keep a gratitude journal

Dedicate a small notebook to recording your daily moments of gratitude. Create a ritual that includes recording all those things for which you are grateful each day. Be specific, indicating the action or item that really made a difference in your day. Spend a few minutes each morning or night writing in your journal.

### Donate blood

The act of giving your blood to those in need is something you can do to help your fellow man. Giving blood connects you to strangers in need and reminds you of your own fragility, too, which is important for your spiritual growth.

### Observe yourself

Watch and listen carefully to your reactions in various situation to learn how you are approaching all types of situations in life. What do your observations tell you about your spiritual health? What do you need to do to make adjustments?

### Learn to draw

The act of drawing requires mental focus while also providing a creative outlet for your mind and emotions. If you don't have any skills in this area, take a lesson or a class. If you have some aptitude, sit down and just start drawing whatever comes to mind. You will develop patience as well as have time alone with your thoughts.

### Practice your breathing

A ritual of focused breathing is an excellent way to connect to your body, reduce stress, and focus on the present. Breathing exercises are a form of meditative mindfulness that can connect you back to your present moment.

### Go with your gut

Your instincts are your best guide in nearly all situations. Listen to what your body is telling you, as this is your spirit guiding you to make the best choices for you.

### Attend a silent retreat or have one yourself

Spending time alone or with others without talking is an ancient spiritual ritual. Your spiritual needs are often revealed in the silence when you can hear the small voices coming from within. Still the chaos and confusion to connect with yourself by setting aside time for this type of solitude.

### Be open

You may encounter spiritual experiences in unexpected times and places. If you adopt a non-judgmental stance toward spirituality and your own growth, you will be open to experiences that present themselves in your life.

### Stop fretting about the future

The “what ifs” that are controlling your life? Chances are, none of those things will ever actually happen. Instead of living your life in fear of potential problems, start living in the realities of today.

### Play an instrument

If you want to develop more patience in your life, learn to play a musical instrument. Take lessons to learn to play the guitar, piano, or whatever instrument interests you. Learning to play helps you become more diligent and persistent, and it can help you connect to part of your creative self that has remained untapped.

### Soak up nature

Spend time observing the natural beauty and bounty of your world. Connect with the forces that created the landscape in which you live. Appreciate the details and miraculous objects that we take for granted in your natural world.

### Read a book

Reading is an excellent way to develop your mind, unwind from a stressful day, practice patience, and escape into a new reality for a time.

### Tune out

Instead of distracting yourself with TV, why not spend time doing something more productive with your mind? Besides reading, you could go for a walk, practice a hobby, spend time talking with loved ones, practice your daily meditation or gratitude rituals, or soak in a hot bath.

### Say it out loud

When you are worried about something, and you can't seem to let go of your thoughts, stand in front of a mirror and simply repeat your concerns out loud over and over again. Do this until the anxiety is released and you are ready to continue with your day. Saying it out loud releases it of the power it holds over your life.

### Keep your workspace as minimalist as possible

When you have distractions at your fingertips, you will be distracted. Have what you absolutely need readily accessible, but keep everything else hidden away. This will bring you peace and make it easier to concentrate on the task at hand.

### Laugh

It is true that laughter is an effective medicine. Laughing releases endorphins, just like exercise. These chemicals combat stress and promote joy and well-being in your life. Find ways to laugh regularly to improve your spirit.

### Cook for yourself

Making a meal from scratch is a ritual that encourages health, develops patience, and engages your mind. Cooking for others also helps you connect to them.

### Use aromatherapy

Scents are powerful tools for engaging your brain and activating emotions. Using aromatherapy to help you relax, during meditation practices, when you are soaking in the bath, or any time you are working on connecting to your spiritual self.

### Be open to pain

Grief and pain can help you to focus on important questions about yourself. The difficult things in life enhance your existence and form you into a deeper person, so be open to those experiences. What can you learn from these experiences? Allow yourself to experience your pain more fully, and you'll soon discover.

### Learn to live with less

When you stop indulging every whim in life, you learn to value and appreciate what you have.

### Learn to accept yourself

Self-acceptance is vital for learning to love and honor yourself and your spiritual needs. Self-acceptance is a crucial part of spiritual growth, so always be looking for ways you can love and accept all the parts of yourself.

### Be compassionate

Setting aside time for others takes you away from worrying about your own worries, helps you develop an appreciation for your blessings, and gives you an opportunity to practice empathy for others.

### Smile

Smiling not only helps others feel better, but it actually can help you physically feel better, as well.

**Recharge yourself** Take time regularly to escape to nature to recharge your spirit and body. Fresh air, sunshine, and green spaces all help your mind and body feel better.

### Live in the present

Replaying the past or worrying about the future means you are not accepting or appreciating your present reality. Learn to be grateful for each moment of your life.

### Shift your perspective

Instead of focusing on you all the time, take time to focus on others. You can learn to be more patient and develop empathy by listening to and being there for others.

### Explore your strength

Adversity is a part of life, and when it hits, that means you need to dig deeper into yourself to explore parts of your spiritual self you may not use regularly. You have more strength than you really know, and exploring this can help you develop self-confidence to tackle more difficult times in the future.

### Don't give others power over you

There is no one else who can tend to and care for your emotional and spiritual needs better than you. Don't allow others' negative comments or actions to have power over how you feel about yourself.

### Sleep well

Like diet and exercise, your sleep habits are part of living a healthy existence. Taking care to sleep enough and keeping a sleep routine that helps you stay energized shows you value your health over all else.

### It's okay not to know

Getting comfortable with the unknown can help you accept the many unpredictable situations and outcomes in life. Accepting that you don't know everything and can't predict the future means you are free to help yourself today and focus on your current needs.

### Slow down

Rushing through life means you are not living in the present or being mindful of what you have. Slow down, learn to take in and appreciate the many details of life, and be more mindful in each moment of your day.

### Disconnect from work

When you are away from work, leave your job behind. Don't answer phone calls or emails in your off-time, and learn to embrace the gift of time off from your job. Leisure time should be explored and enjoyed to its fullest, so leave work where it belongs.

### Get to know others

Let go of the difficulties and struggles in life to get to know others, spend time with loved ones, learn more about your neighbors, and expand your understanding of yourself.

### Find others who are working on their spiritual development

If you are engaged in spiritual growth, talk with others who are exploring parts of their own beliefs and spirituality. Just like other forms of personal growth, talking with others who are exploring the same goals can be helpful and healthy.

### Be honest

When you tell the truth to others and yourself, it frees you to explore all parts of a relationship and improves your connection both to yourself and to others. Just tell the truth, and you'll feel better.

### Record your worries

If something is on your mind, and you can't seem to shake it, write it down. You can return to this list when you have more time to deal appropriately with the issues, or you can simply leave the list alone and let it be the place where your worries reside, instead of in your mind. But getting them down on paper can help you let them go.

### Be silent for part of every day

Silent mediation or just moments of calm, especially in the morning or before bedtime, can help you gather your thoughts, reflect on your needs and feelings, and address the challenges before you.

### Solve the problem

If something is weighing you down, don't procrastinate. Find a solution. This will help you feel less stressed and give you more energy for tackling the other issues in your life. Ignoring it won't help it go away, so sit down and get started.

### Write a letter

Think of someone who has significantly influenced your life. Write them a letter telling them about the difference they have made in your life.

### Focus on just one day

Today is here, and it's what you can control. Focus on what you can do right now, and let tomorrow come in its own time.

### Change your expectations

If you are allowing old expectations to influence your enjoyment of your life today, it's time to let those go. Life changes and things don't always work out as planned. Let go of old expectations in favor of living in the moment.

### Tomorrow is a new day

When things don't go as planned or when life throws you challenges, just remember that tomorrow is a chance to do things differently.

## Get out

When you need an attitude adjustment or want to focus inwardly, get outside. Walk among the trees or under the wide-open sky, and you'll soon feel a shift in your perceptions and outlook.

## Live below your means

If you want to have more peace and less worry in life, make sure you live below your means. This gives you less to worry about financially, less to take care of, and less to regret later in life. Life is about experiences, not material wealth, so focus on meeting your basic needs and saving the rest for what's really important in life.

## Talk to someone

If you are suffering or struggling, remember that you are not alone. Talk to someone you trust, get help from a mental health professional, or reach out to others who are also struggling.

## Embrace your darker side

Learning to love and accept yourself means recognizing all parts of yourself, even the darkest parts of your spirit. Dig deep to understand this part of who you are, determine from where it originates, and accept that it is part of what makes you special and unique.

## Avoid toxic people

If you have people in your life that flood your world with negativity or narcissism, learn to let them go. You don't need that energy or influence in your world.

## Ask

You are not a mind reader, and no one should expect you to be. When in doubt, ask others about their needs or what they are thinking. This will help establish clear lines of communication as well as give you what you need to be a better friend or partner.

## Focus on your self-renewal when needed

If you're feeling low, it's time to focus on your needs. Continuing on with the day-to-day when your spirit needs attention won't be beneficial in the long run, so take the time you need for you.

### Inform yourself

One reason you may feel powerless or are struggling spiritually is that you lack knowledge. Educate yourself about topics related to your questions and needs, and you'll feel more in control of your destiny.

### Set boundaries

Learn to set limits for what you say "yes" to in life. Think honestly about your capabilities as well as what you are willing to do. Place boundaries on the time you spend on social media, how often you give your time to others, and things that don't contribute to your own happiness or well-being.

### Do one thing at a time

Focusing on one task or focusing on each day as it comes can help you appreciate the moment as well as feel less stressed and more at peace.

### Go for a walk

Walking is a meditative practice that can provide calm, inner peace, and ideas for solutions to whatever you are currently facing.

### Dedicate a time for your concerns

Try to allow time each day to focus on your concerns and worries, and keep this time separate from the end of the day. Worrying is the last thing you want to do right before bed, so focus on these worries when you have time to deal with possible solutions.

### Cultivate a simple life

Living extravagantly can lead to stress and excess, which pulls you further from your spiritual goals. Focus on a simple life, and you'll find you have more than you need.

### Don't create undue stress

Making more of a situation that is necessary creates stress. Not all mountains are really that big after you take some time to look carefully at the situation. Chances are, it's probably just a small obstacle that you can easily overcome. Consider is this situation will really going to matter in five years? If not, it's not worth the extra worry.

### Be early

If you cultivate a habit of being ten minutes early, you will notice a significant reduction in your stress and the ability to relax and recharge in the found moments that you have from arriving early.

### Use the six-month rule

If you haven't worn something or used something in the last six months, does it need to be in your life? Certainly, there are some things worth holding onto for occasional use, but most things don't need a place in your home if you are never really using them. Organize a purge and get rid of it.

### Practice sacred rituals

Sacred rituals can take a mundane task and transform it into something that brings you peace and joy. Rituals provide a space for habits to form that can help you connect with your inner thoughts and needs, relax, feel more grateful, and enjoy life.

### Surrender

Recognizing that you are not in control of most of what happens in this world can help you stop worrying and focus on those things that are actually within your sphere of influence.

### Treat yourself gently

Do something kind for yourself, focus on an activity you love, and have fun now and then. You deserve to be taken care of, and the best person for that job is yourself.

### Embrace the unknown

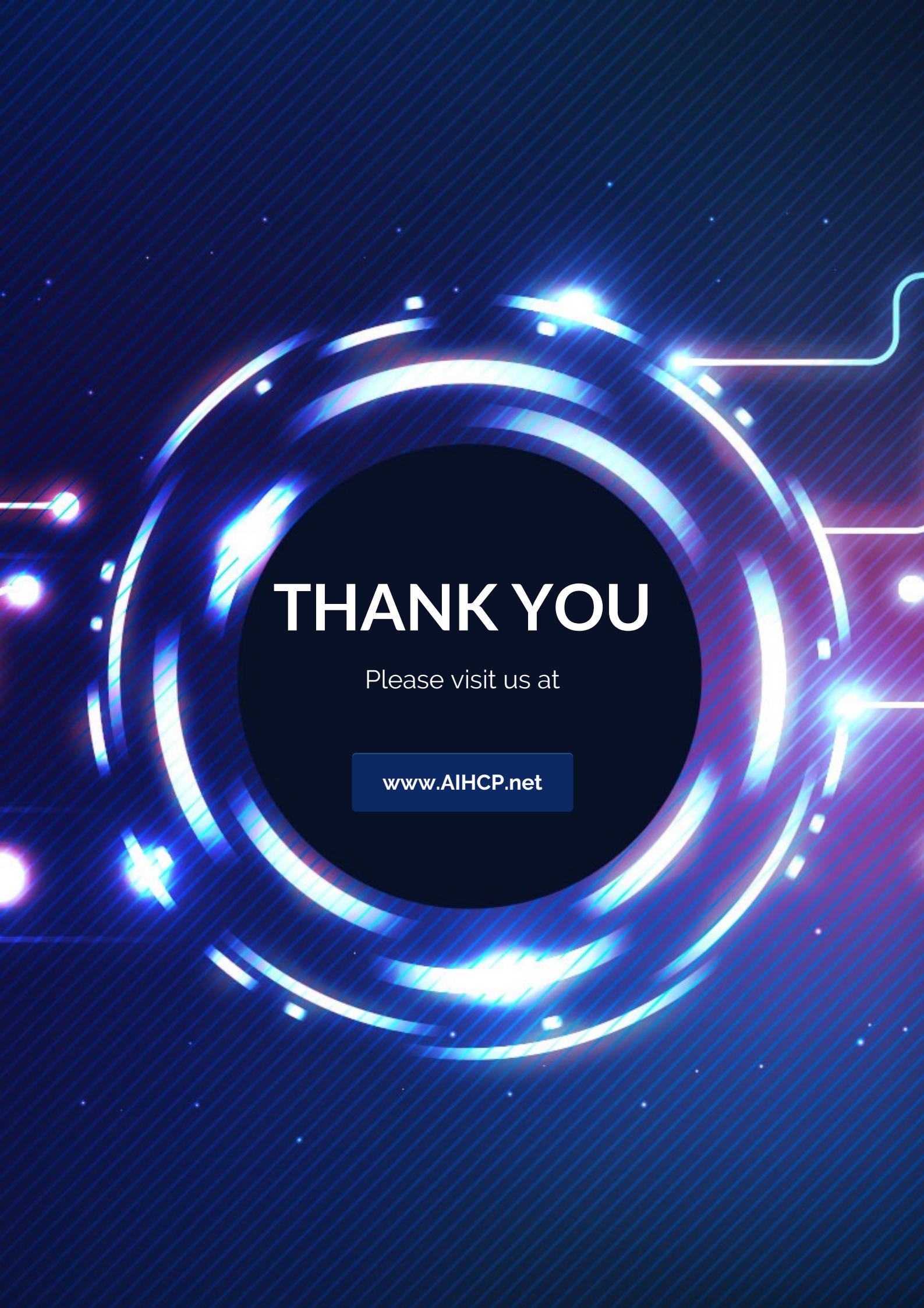
Your future is unsure, as is everyone's. Embrace this uncertainty, as it means there is still mystery and adventure ahead in life.

### Stop trying to control others

You don't have all the answers for yourself, so why should you think you have them for others? You are in charge of your destiny, and others are in charge of theirs.

### There is always hope

No matter the situation, it is temporary. This, too, shall pass. Life is about embracing the peaks and valleys, so hang in there and whatever challenges you are experiencing will be over soon enough.



# THANK YOU

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