



8 Dimensions of Wellness



SPIRITUAL

WEEK 2 - DAY 1

WORKSITE WELLNESS

*"You are in wonder when you contemplate the mysteries of life. It is enough if one tries to understand a little of this mystery every day."
- Albert Einstein*



SPIRITUAL WELLNESS IS...

The process by which you seek meaning and purpose in life. Pay attention to how you are feeling. Part of embracing spirituality means also embracing what it means to be human, both the good and the bad.



FOR 15 MINUTES A DAY FOR THE NEXT 5 DAYS PRACTICE SOME FORM OF SPIRITUALITY.

PRAY, MEDITATE, YOGA OR TAI CHI, WHATEVER SPEAKS TO YOUR SPIRITUAL SELF

You 

Click [here](#) for a video about spiritual wellness!

 Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL