



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



8 Dimensions of Wellness

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WEEK 2 - DAY 2

WORKSITE WELLNESS

Empathy



Empathy is the opposite of sympathy. Empathy is when you try to understand another person's feelings, and situations from their perspective. Sympathy is when you just "feel sorry" for someone's feelings or situation. Empathy requires opening yourself up to feelings that are often uncomfortable. Empathy forces human beings to grow, to work toward becoming their "better angel".

Opening your heart, feeling empathy, and helping others are important aspects of spirituality.

*"It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being."
John Joseph Powell*



You **Tube**

For a video on empathy click [HERE](#)

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SPIRITUAL

WEEK 2 - DAY 3

WORKSITE WELLNESS



WHAT IS MEDITATION?

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.



MEDITATION

Meditation can help in reducing stress and increasing focus. Guided meditation describes a type of meditation led by a teacher, in person or via audio or video. When starting out, having an expert lead you through the basic steps of your meditation practice is recommended.

"Meditation is a way for nourishing and blossoming the divinity within you."

Amit Ray

DID YOU KNOW?

Long-term, consistent meditation increases resiliency to stress.



Click [here](#) for an example of guided meditation!



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THE SEVEN SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

Psychology Today,
4/3/2019

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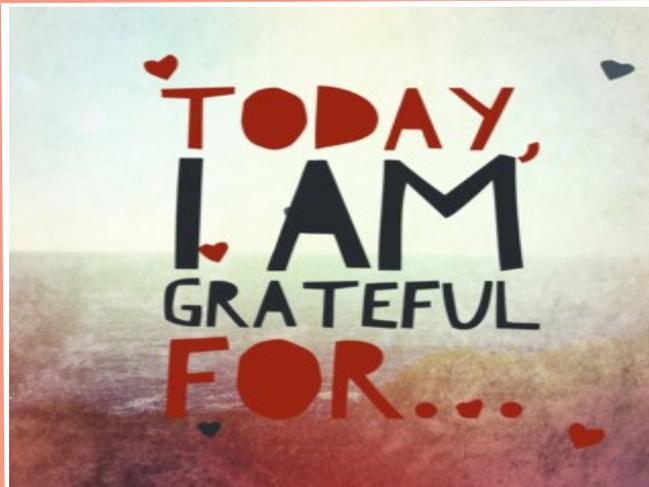
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WEEK 2 - DAY 4

WORKSITE WELLNESS



YOU MAY FIND THE IDEA OF
KEEPING A **GRATITUDE JOURNAL**
APPEALING, GETTING STARTED MAY
BE A BIT DAUNTING.



CLICK [HERE](#) FOR AN EXAMPLE
OF HOW YOU CAN GET
STARTED KEEPING A
GRATITUDE JOURNAL.

If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.
Harold S. Kushner





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SPIRITUAL

WEEK 2 - DAY 5

TRY MINDFULNESS

By becoming more mindful you can become more aware and appreciative of the present.

Mindfulness encourages you to be less judgmental (both of yourself and others) and focus more on the present moment rather than dwelling on the past or future.

WORKSITE WELLNESS



The things that matter most in our lives are not fantastic or grand. They are moments when we touch one another.
Jack Kornfield

What is Mindfulness?

You hear the word all the time, everywhere, but what is it really?



Click [Here](#) for a video on Mindfulness



Mindfulness frees the mind. It helps us focus on the present moment.