

# EXPLORE THE DIMENSIONS OF WELLBEING

## Dimension 5: Spirituality



Recommit to  
participating in  
activities that help  
you find meaning  
in your life



Deepen  
self-awareness  
of the values  
that drive you



Explore new  
ways to find  
purpose  
in your life

Our weekly series on exploring the dimensions of wellbeing continues. The eight dimensions of wellbeing are: physical, emotional, intellectual, vocational, social, environmental, spiritual, and financial. Today we will focus on spiritual wellbeing, which depending on the individual, may or may not involve organized religion. Tending to and creating balance among all the dimensions looks different for everyone and may change over time. Keep engaging in the process and trying new things!

Spiritual wellbeing means seeking purpose and fulfillment and living according to your personal values. Some people find spiritual wellbeing through organized religion; some, through individual connection with a higher power, art, altruism, or commitment to staying true to oneself.

Ways to care for your spiritual wellbeing:



Re-commit to participating in activities that help you find meaning in your life



Deepen self-awareness of the values that drive you



Explore new ways to find purpose in your life



Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>