

editor's message

In this issue of Thrive, let us delve into the topic of spiritual wellness.

Spiritual wellness is not necessarily tied to a specific religious belief but encompasses a broader understanding of the human experience such as sense of purpose and meaning of life.

Read on to find out how we can achieve or improve our spiritual well-being.

WHAT'S IN THIS ISSUE:

- What is spiritual wellness?
- What are the benefits of spiritual wellness?
- How can spiritual wellness help us overcome difficult situations?
- How to improve our spiritual wellness?

the wellness wheel



adapted from Dr. Bill Hettler's
The Six Dimensions of Wellness Model

The Wellness Wheel illustrates a wellness model with 8 interconnected dimensions to a well-rounded and balanced lifestyle. Each issue, we will cover 1 element from the wheel.

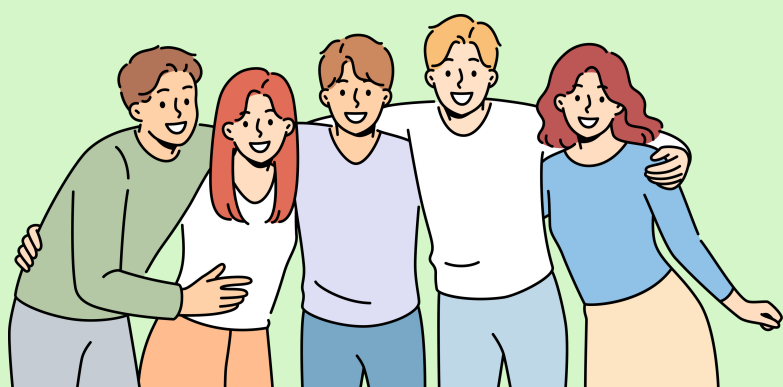
What is Spiritual wellness?



Spiritual wellness can be understood as **finding a sense of purpose, meaning in life** as well as understanding the **values, beliefs and morals** that guide your actions.

It teaches us **forgiveness, gratitude, self-control and compassion**, to others and ourselves.

What are the benefits of spiritual wellness?



Improve relationship with others



Breathe positivity into the spaces we occupy



More likely to practice self-compassion, confidence and resilience

Overcoming difficult situation with the help of spiritual wellness

Being aware of our **connectedness** to the **current moment**, **others** and the **world** around us can help **broaden our perspectives**.

For instance, rather than viewing a challenge negatively, one may instead feel empowered to navigate such a challenge if they carry a sense of purpose or hope.

Spiritual wellness can also put us **in touch with our values**, giving us **meaning** and **direction**, guiding our decision making and giving us the willpower to overcome difficult situations



Improving spiritual wellness

Physically

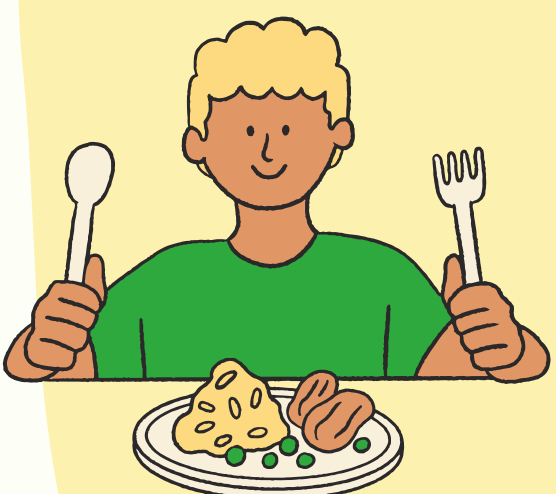


Yoga can help foster a sense of inner peace and freedom and allows you to connect with yourself.

Volunteering and serving the community provides you with the opportunity to engage and serve others, which cultivates empathy and compassion.



Eating a healthy diet. To do so, you need to practice mindful eating, which allows you to pay attention to what you are eating.



Mentally



Engaging with yourself and thinking extensively about who you are and your meaning.

Questions you can reflect on:

- Who am I?
- What is my purpose?
- What do I value most?
- What drives me?

Practicing forgiveness. Forgiving and letting go can be difficult but overcoming your negative feelings can allow you to achieve fulfilment.

Reflect on your experience and emotions, focus on your feelings, be kind to yourself and let go of negative feelings.



references & additional resources

1. Spiritual Wellness - Total Wellness
2. How spiritual wellness unlocks creativity and resourcefulness - BetterUp
3. 8 Ways to Take Care of Your Spiritual Health - Banner Health
4. 10 Mental Health Activities To Boost Spiritual Wellness - The Wonders
5. Spiritual Wellness - The Learning Portal / Le Portail d'Apprentissage

feedback

Click or scan the QR code to share your feedback about the newsletter with us.

Your suggestions are highly appreciated!



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