

# **Spiritual Wellbeing during COVID-19 Pandemic: Immunity of the Soul**

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# Spiritual Wellness

- Spiritual wellness involves finding your life's meaning and purpose, and understanding the values, beliefs, and morals that guide your actions.
  - **Contemplating your purpose**
  - **Achieving greater mindfulness**
  - **Harmony with one's surroundings**
  - **Balancing one's personal needs**
  - **Personal values and beliefs**
  - **Acting compassionately**



# Spiritual Fitness

- Embracing spiritual wellness practices in our life builds our spiritual fitness. Spiritual fitness is the overall health of our spirituality. It's a way of living according to what motivates us and engages us in life.



# SPIRITUAL FITNESS GUIDE (SELF-ASSESSMENT)

Spirituality may be used in a general sense to refer to that which gives meaning and purpose in life, or the term may be used more specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Engaged in life's meaning/purpose</li> <li>➤ Hopeful about life/future</li> <li>➤ Makes moral decisions</li> <li>➤ Able to forgive self and others</li> <li>➤ Respectful of people of other faiths</li> <li>➤ Engaged in core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Neglecting life's meaning/purpose</li> <li>➤ Less hopeful about life/future</li> <li>➤ Makes some poor moral decisions</li> <li>➤ Difficulty forgiving self or others</li> <li>➤ Less respectful of people of other faiths</li> <li>➤ Neglects core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Losing a sense of life's meaning/purpose</li> <li>➤ Holds very little hope about life/future</li> <li>➤ Makes poor moral decisions routinely</li> <li>➤ Unable to forgive self or others</li> <li>➤ Strong disrespect for people of other faiths</li> <li>➤ Disregards core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Claims life has no meaning/purpose</li> <li>➤ Holds no hope about life/future</li> <li>➤ Extreme immoral behavior</li> <li>➤ Forgiveness is not an option</li> <li>➤ Complete disrespect for people of all faiths</li> <li>➤ Abandons core values/beliefs</li> </ul>

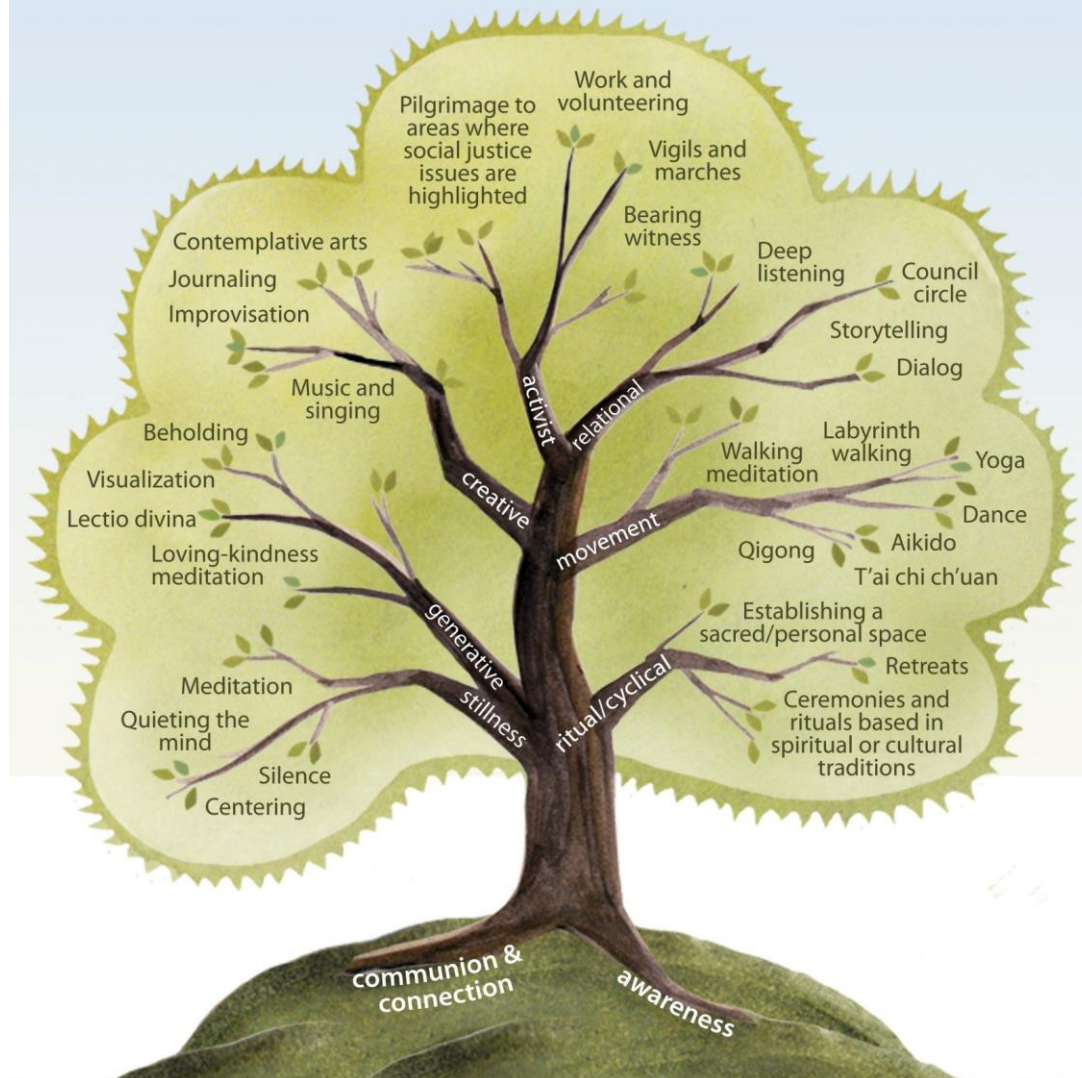


# Improve Spiritual Wellness

- Nature Bathing
- Practice Mindfulness
- Volunteer
- Determine your life purpose and values
- Join spiritual groups
- Express gratitude
- Contemplative Practices



# The Tree of Contemplative Practices



# Spiritual Wellness During a Pandemic

