

Spiritual Wellness



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Mindfulness Activity:
Connecting to our breath and ourselves

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

Improve Spiritual Wellness

Spend time in nature

Practice mindfulness & breathwork

Give back

Consider your purpose and values

Develop connection & community

Be intentional with your space

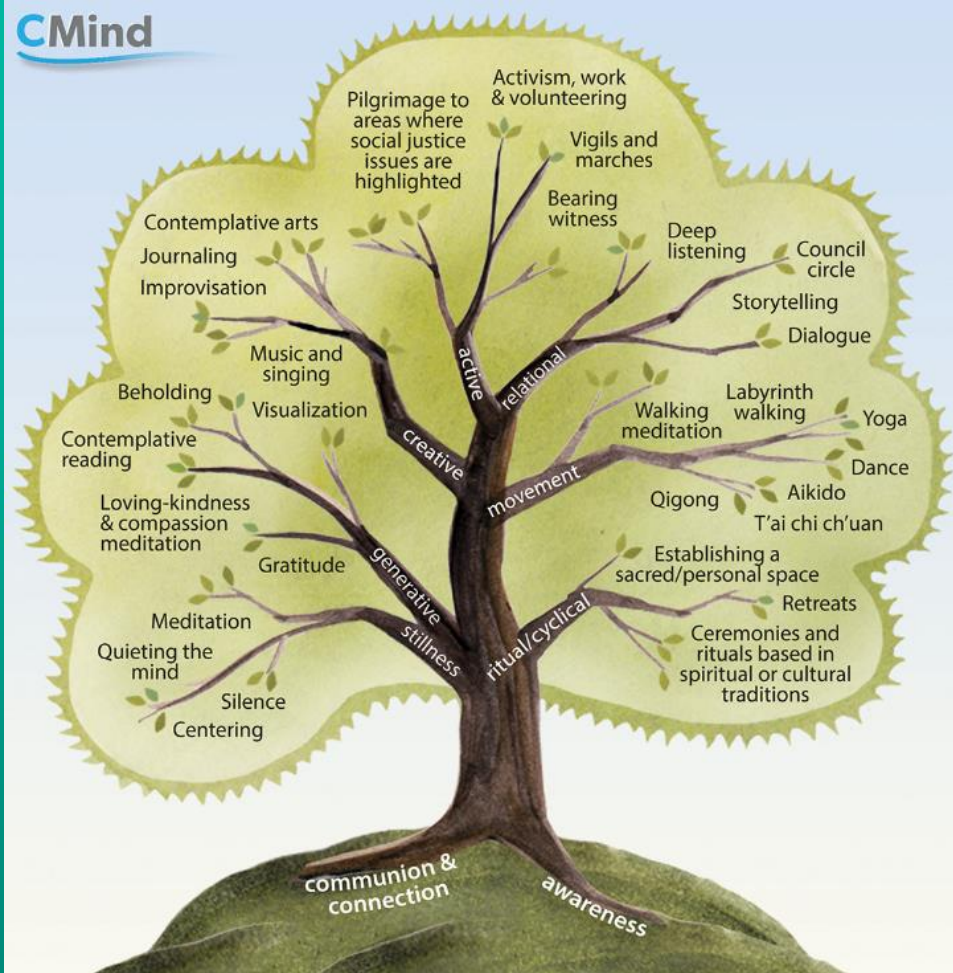
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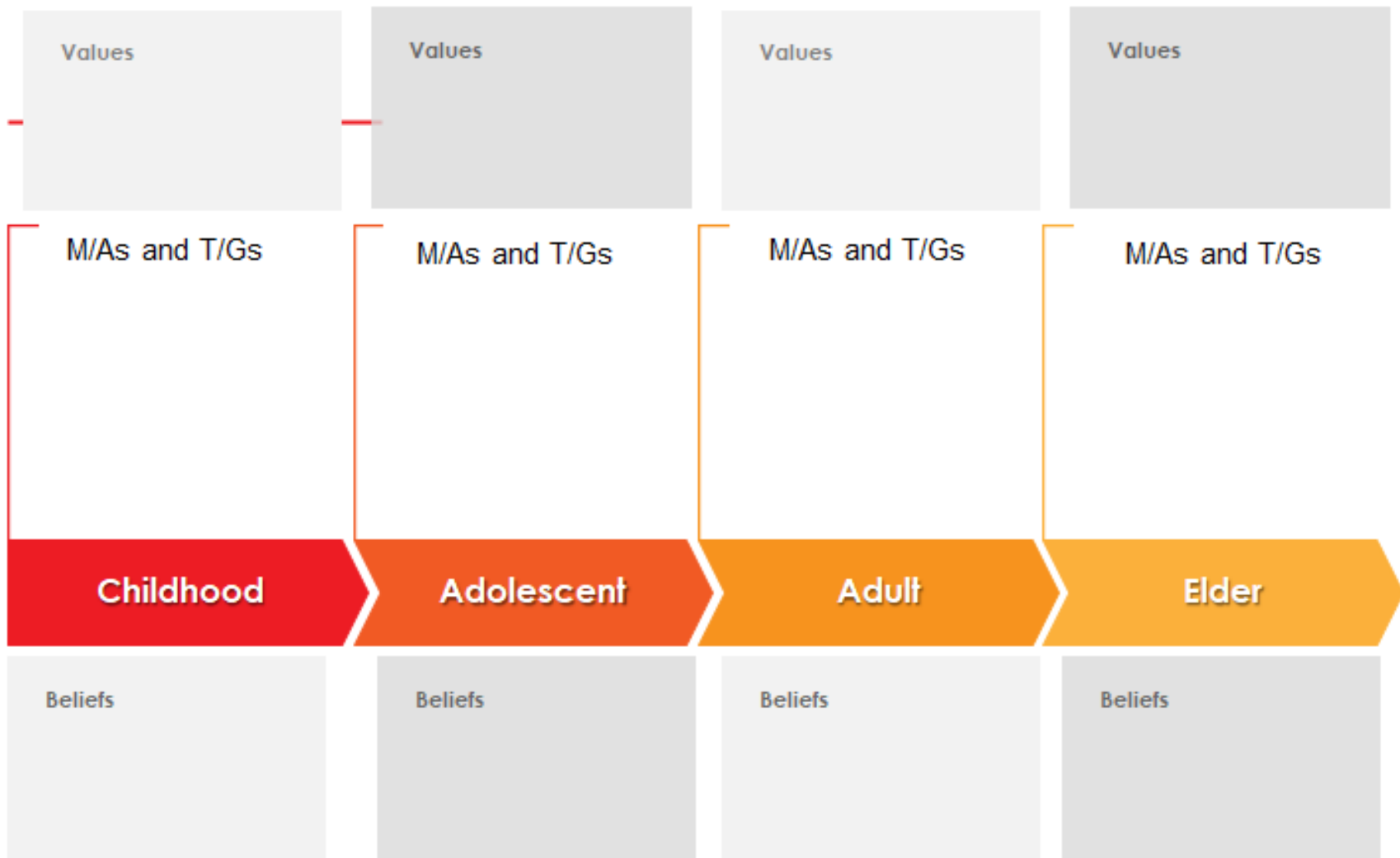
Focus on gratitude

Explore contemplative practices

Tree of Contemplative Practices

1. Stillness
2. Generative
3. Creative
4. Active
5. Relational
6. Movement
7. Ritual





Questions or Comments?