

Spiritual Well-Being

Spiritual wellness in the workplace is important to your overall health, even if it might initially sound a little “out there!”

Spiritual wellness refers to feelings of life having purpose and meaning. When we're going through challenging times, spiritual wellness can help ground us in our values. It gives us resiliency, inner peace, and helps relieve stress – at work or at home.

Fortunately, Aspirus offers several tools, resources, and offerings to help us focus on our spiritual well-being.



Video (3:08 mins.)

Chad Rowe, VP Human Resources - UP Region, talks about what spiritual well-being means to him.

Active&Fit

Active&Fit (www.activeandfit.com) is a **free resource for all employees** as well as spouses/domestic partners and dependents over 18. It offers thousands of resources and exercises that can help you cultivate your spiritual well-being. *To log in and create an account, follow the prompts after clicking LOGIN or CHECK ELIGIBILITY.*



Below are just a few examples of some available self-care tools:

- Present Moment Awareness Exercise [READ MORE >](#)
- A Peaceful Place: A Mental Imagery Exercise [READ MORE >](#)
- Expressive Writing, Art, and Sound Exercises [READ MORE >](#)
- Several types of meditations, yoga movements, and spiritual tai chi practices



Podcast: *Connecting Mind and Body for Healthy Living*

ComPsych® GuidanceResources®

Lincoln Financial offers some resources about meditation and connecting the mind and body through its [ComPsych® GuidanceResources®](#).

To log in:

- Click Register
- Organization Web ID: Lifekeys
- Create your username & password

Additional Helpful Resources

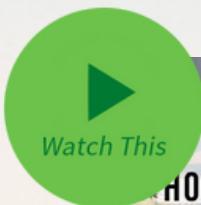
- Check out the [wellness portal](#) for some **Monthly Wellness Education** on the topic of spiritual well-being.
- [Schedule an appointment](#) with a **Health Coach** for more help with spiritual well-being.
- **Spiritual Services** are available in person or by telephone. Clinical Chaplains provide spiritual care in the context of whole health through caring, healing, and non-judgmental conversations. Our spiritual service team members can come alongside you as you process challenges, confront moral distress, or work to find meaning and purpose in life. **Call 715-847-0487** or stop a chaplain in the hall to make an appointment.
- **EAP** is available to help individuals improve their spiritual well-being. EAP counselors can provide guidance, strategies, and a safe space for individuals to discuss their spiritual well-being goals.



Monthly Wellness Education



***Health Coaching**



Video (7:08 mins.):

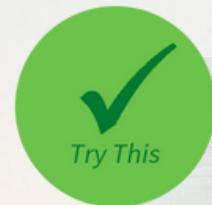
[How to Find Your Core Values - 3 Easy Steps](#)



Try This



**Discussion Cards:
Values**



Try This



Volunteer: Support your

community by volunteering. Getting involved in a project for the betterment of humanity strengthens your compassion for others and yourself.

Did You Know? It's proven that strong spiritual well-being can help reduce stress, anxiety, and depression. Surprisingly, people who are spiritually healthy live longer and are on average sick less frequently. Take some time to focus on your spiritual well-being each day!