

# Spiritual Wellness

The **Spiritual Wellness** dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your search will be characterized by a peaceful harmony between internal personal feelings and emotions and the rough and rugged stretches of your path. While traveling the path, you may experience many feelings of doubt, despair, fear, disappointment and dislocation as well as feelings of pleasure, joy, happiness and discovery. These are all important experiences and components to your search and will be displayed in the value system you will adapt to bring meaning to your existence. You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values, resulting in a "world view."



*"One moment can change a day, one day can change a life, one life can change the world."*

~ Buddha

## Ways to Engage in Your Spiritual Wellness Path

- Explore your inner self
- Practice mindfulness
- Be curious. Explore experiences deeper.
- Practice meditation
- Think positively and practice acceptance
- Practice yoga
- Travel or visualize a meaningful peaceful place

On-Campus Resources for Spiritual Wellness:  
**CAMPUS MINISTRY**

**What we do:** We provide students an Interfaith prayer room to use during office hours for anyone wishing for some quiet time in a busy day or for religious and spiritual programs of any denominations. We also have several religious clubs that students can join!

To contact us call (518) 629-7348 or email at [studentactivities@hvcc.edu](mailto:studentactivities@hvcc.edu)



### SPIRITUAL WELLNESS FOLLOWS THESE TENETS:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

NATIONAL WELLNESS INSTITUTE, INC.



The State University  
of New York