



**EYLANI
FOUNDATION**

&

**Eylani Community
Health Network**

EDUCATE | EMPOWER | ELEVATE | EQUITY



Mind
Body
Spirit
Community

TOTAL WELLNESS SERIES

Spiritual Wellness & Whole-Person Health

Finding Meaning, Connection, Purpose & Peace



What Is Spiritual Wellness?

Spiritual wellness is the ongoing process of seeking meaning, purpose, connection, and peace in life. It involves the values, beliefs, and practices that help you feel grounded, resilient, and aligned with what matters most to you.



Why It May Matter for Your Health

Research suggests that spirituality and spiritual practices may support:

- ✓ Emotional well-being and coping
- ✓ Lower stress and greater resilience
- ✓ A stronger sense of connection and community
- ✓ Improved outlook and hope during difficult times
- ✓ Healthier behaviors and lifestyle choices
- ✓ Greater meaning and purpose in life

Spiritual wellness can be a helpful part of your overall well-being, but it does not replace medical care or mental health treatment.



Spirituality vs. Religion

Spirituality and religion are related, but they are not the same.



Spirituality

- Personal and individual
- Can (but does not have to) include religion
- Often involves a sense of purpose, connection, and values
- Can be expressed in many ways



Religion

- Usually involves organized beliefs, practices, and a community
- Often includes shared traditions, rituals, and worship
- For many people, religious participation is an important part of their spirituality



Ways to Nurture Spiritual Wellness

- ✓ Prayer, worship, or faith community
- ✓ Meditation, mindfulness, or quiet reflection
- ✓ Time in nature
- ✓ Gratitude practices
- ✓ Meaningful relationships and community
- ✓ Acts of service and helping others
- ✓ Journaling or creative expression
- ✓ Exploring and living out your values
- ✓ Finding purpose in your work, family, or community



Spiritual Wellness for Everyone

Spiritual wellness can look different for everyone. There is no single "right" way to be spiritual. It can be:

- ✓ Faith-based or non-religious
- ✓ Rooted in cultural traditions
- ✓ Expressed through nature, art, music, or service
- ✓ Focused on personal values and purpose
- ✓ A source of strength during both joyful and challenging seasons

What matters is that it is meaningful to you.



During Difficult Seasons

Spiritual wellness can be especially important during times of stress, grief, illness, or major life changes. Practices such as prayer, meditation, reflection, trusted community, and time in nature may help you feel more grounded and supported.



Supporting Others

Respect that everyone's spiritual journey is unique. Listen without judgment, honor different beliefs and practices, and support loved ones in ways that are meaningful to them.



When Spiritual Support Is Not Enough

Spiritual practices can complement medical and mental health care, but they should not replace professional treatment. Seek support from a healthcare provider or mental health professional if you are experiencing:

- ✓ Persistent sadness, anxiety, or hopelessness
- ✓ Difficulty functioning in daily life
- ✓ Thoughts of self-harm
- ✓ Substance use concerns
- ✓ Ongoing grief that feels overwhelming



Learn More

Visit www.echnchicago.com for more health education resources, tools, and community support.



Need Support?

Talk with your healthcare provider, mentor, faith leader, or a qualified mental health professional.



Related Topics in the Total Wellness Series:

- Mental Wellness
- Stress Management
- Healthy Habits
- Community and Social Connection
- Financial Wellness



This information is for educational purposes only and is not medical advice.

Always consult your healthcare provider, mental health professional, or a trusted spiritual advisor about what is right for you, especially if you are experiencing a mental health concern or significant life change.

Sources:

- National Institutes of Health (NIH) – Spirituality and Health
- Centers for Disease Control and Prevention (CDC) – Well-Being
- Harvard T.H. Chan School of Public Health – Spirituality & Health
- Peer-reviewed research on spirituality, health, and well-being

