

Spiritual Wellness is the ability to establish peace and harmony in our lives between that which lies within and the social and physical forces that come from outside and the ability to develop congruency between values and actions. Reflection and relaxation can decrease the incidence of illness due to burnout and stress.

- I make time for relaxation in my day
- I make time for meditation and/or prayer
- My values guide my decisions and actions
- I am accepting of the views of others



Programs in this Dimension

	LEAD	Workshops (Wellness)
	STAR	Workshops, Information Exchange
	EAW	Activities, Counseling, Wellness@Work