



# Did You Know?

March 2016

March is Spiritual Wellness Month. The definition of spiritual wellness varies from person-to-person, but one source<sup>1</sup> defines spiritual wellness as, “generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world.”

Although people oftentimes connect spirituality with religion, this isn’t necessarily so. Being spiritually healthy doesn’t always have to mean being religious, but more often consists of:

- being happy within one’s own mind and with one’s own self
- having one’s own values and beliefs
- being tolerant of others’ actions and beliefs
- being true to one’s self
- feeling as if one has a true purpose in life
- looking for true meaning in one’s life
- living life in a way that makes one happy

## Are You Spiritually Well?

- Do you find time to relax sometime throughout the day?
- Do you practice spirituality either through prayer, meditation, or some other form?
- Do your values and beliefs guide you in the decisions you make throughout the day?
- Do you accept others for who they are?

Answering “yes” to these questions is a good indication that you are spiritually well. If many of your answers were “no,” now is a great time to start your practice.

If practicing an organized religion is not your thing, take a few moments of your day to perform meditation, yoga, or some other mindfulness practice. You might be surprised with the results, which vary from stress reduction, to increased daily pleasure, improved energy, and possibly even weight loss!

**Interested in learning more about mindfulness? Join us for an upcoming Introduction to Mindfulness session.**

## March 23rd - An Introduction to Mindfulness

9:00 am - 12 noon, Harlem Road Community Center, 4255 Harlem Road, Amherst, NY 14226

By: Co-Owners of MindGardens, LLC: Gregory Bodekor, MS, CASAC, CCCJS, MAC Integral Life Skills Practitioner & David Evans, MSW EMDR Practitioner

Class cost: \$25

This training will integrate mindfulness, meditation, and cutting-edge neuroscience. Learn about mindfulness techniques and practices that are supported by new research. These skills will provide you with new practices in which to help your clients or patients who may be experiencing substance addiction, anxiety, anger issues and/or depression. This experience will also leave you, the practitioner, with techniques to use in self-care.



<sup>1</sup> Source: [www.ucr.edu/](http://www.ucr.edu/)