



SpeakOnIt Podcast Season 2: Secrets of Well-being



E6: Spiritual Well-being Tips 'N Tricks

Spiritual well-being encompasses **how one recognizes the search for meaning, purpose, and human existence in their life**. This includes the development of a deep appreciation for the depth of life, and the natural forces that exist in the universe (National Wellness Institute). Oftentimes our spirituality and spiritual well-being can help us come to terms with elements of our lives that we cannot control.

Find What Works for YOU

There are multiple outlets and resources you can turn to in order to help maintain your spiritual well-being. Find what works for you! In the end, caring for your spiritual well-being is an individual journey and it differs for everyone.

Finding a Community

Oftentimes a spiritual or faith-based group can serve as a great source of community, but this is not limited to religious groups. Groups that are not necessarily labeled as “spiritual” or “religious” can also serve to maintain your spiritual well-being. What matters is that you find a group of like-minded individuals that you can confide in and share your spiritual journey with.

Stay Mindful

Remember to be mindful of your interactions with others, and be cognizant of how you may intentionally or unintentionally push your values on another individual.

Ground and Recharge!

Caring for your spiritual well-being can be a very grounding and recharging experience. Whatever you do to maintain it, make sure it's something that you enjoy doing and would return to!

Helpful Practices and Tips:

- Repeat words or phrases of affirmation to stay positive throughout the day.
- Pray: Praying can be as simple as a couple of words, or expressed through creative outlets.
- Meditate: Find a quiet space to breathe and get in tune with your body and mind.
- Develop a brief practice you can do in times of stress and hardship to help get you through difficult moments.

The Steve Fund's [SpeakOnIt Podcast](#) brings students and professionals together to discuss topics related to mental health and the challenges that Black, Indigenous, and People of Color may face during their academic and professional careers.

To learn more about The Steve Fund visit our website at www.stevfund.org.