



SPIRITUAL WELLNESS MAY & JUNE 2015



“Spiritual Wellness” is accepting others and living in support of our own individual beliefs, values and purpose. It’s finding meaning in life events, demonstrating individual purpose and having the ability to be compassionate towards others. Spirituality is unique to each individual. It is a challenge to define, develop and maintain. It is part of overall wellness.

Track your spiritual activities and accumulate points. Points are transferred onto your KEI Wellness Passport, towards your Health Service spending account (HSSA), and eligibility for draws.



Spiritual Activities	Date Completed	Points
Complete a Health Risk Assessment – 50 pts (max. 1/year)		
Go on the Homewood website Health-e Multimedia Centre and engage in the Breathe to Relax, Visualization, Identify Your Breathing Pattern, or Relax your muscles podcast or videos. https://www.homewoodhumansolutions.com - 10 pts		
Engage in any wellness activities with our onsite guests (Reflexologist, Yoga, RMT, etc.). Collect a coupon to receive 15 pts per activity.		
Volunteering to help others in the community. 40 pts		
Create a meditation plan that is a source of reflection, manages stress, anxiety, sleep deprivation, etc. 25 pts		
Everyday for 1 month, write down something different that you are grateful for. 20 pts		
Draw, paint, sculpt or create a piece of art that reflects something important to you. 20 pts		
Participate in a class that enhances your spiritual or emotional well-being i.e. zumba class, dance, etc.) 15 pts		
Read a spiritual book and provide a summary of the book. 15 pts		
Research a religion or spiritual group. Write a paragraph. 15 pts		
Go for a personal treatment (i.e. Massage). 10 pts		

Spiritual Activities	Date Completed	Points
Visit a sacred place or a place of deep significance. What sense of reflection did this bring to you? 10 pts		
Write a paragraph about what makes you happy! 10 pts		
Watch a movie that has significant meaning to you and describe your personal and/or spiritual experience. 10 pts		
Name the 7 main chakras of the body. 7 pts		
What is your definition of “me time”? 5 pts		
Write a “me time” plan and create an agenda. What did your agenda items consist of? 10 pts		
Tell us about your religious belief(s)? 10 pts		
What does Humility mean to you? 5 pts		
What was the last random act of kindness you did for someone else? 5 pts		
What does spiritual wellness mean to you? 5 pts		
What gives your life meaning and purpose? 5 pts		
How do you overcome a challenge(s) in your life? 5 pts		
What are your 3 most memorable experiences? 5 pts		
If you belong to a religious or spiritual community, how are you connected to this group? 5 pts		
Plan an outing with your friends and/or family and provide a photo of the experience. 5 pts		
Create 3 goals that you feel will enhance your spiritual well-being. 5 pts		
Find and print out a meaningful message, quote, joke and share it with a co-worker. 5 pts		
Do something with someone else that puts a smile on your faces and take a selfie. 5 pts		
Name 5 ways to release stress through spirituality. 5 pts		
Take 5 minutes while at work to close your eyes and breathe in through your nose and out through your mouth. 5 pts		
Donate spiritual topics to the KEI’s Library. 2 pts/book (10 books max.)		