



# Friday Facts

February 19, 2021

## Spiritual & Financial

Spiritual wellness is the ability to develop a set of values that help you seek meaning and purpose. Being able to tap into your spiritual side, to derive comfort and peace from your prayer or meditation, and seeking to expand your sense of purpose and meaning in life can help nurture spiritual wellness. Ultimately, it is the ability to establish peace and harmony in your life.

For you, spiritual wellness may not be synonymous with religious beliefs, but the quality of your personal relationships, the love of nature, or living in harmony with the world around you. It is unique to you!

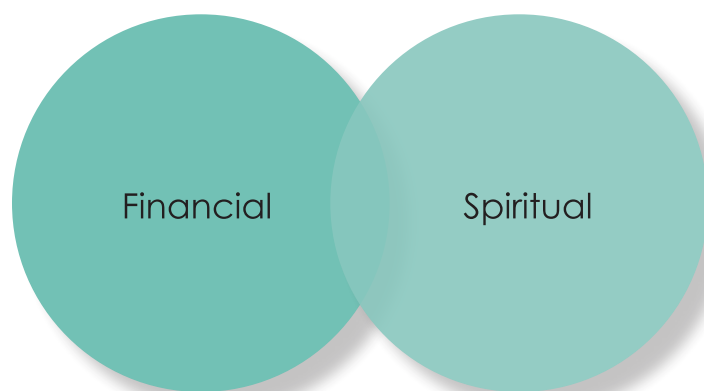
If you would like to explore and enhance your spiritual wellness, you can:

- Ask yourself meaningful questions, such as: What gives me hope? What gives my life purpose? How do I get through tough times? Where do I find comfort?
- Find a friend or mentor to have deep discussions with.
- Take a few minutes out of your day to pray or meditate.
- Use affirmations to change negative self-talk into positive self-talk.
- Look for an inspirational quote every day.
- Spend time in nature.
- Express yourself creatively through painting, drawing, singing, writing, etc.

A financially well individual fully understands and accepts their current financial situation while embracing changes to improve financial health. Financial wellness also means planning and being prepared for short-term and long-term financial emergencies.

Ways to increase your financial wellness:

- Create a budget and stick to it. This should be a lifelong activity.
- Track expenses through spreadsheets, MS Money, Quicken or Mint.com.
- Set goals that are attainable, realistic, timely, specific, and measurable.
- Utilize your EAP benefits with financial coaching.



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