Spiritual

• Spiritual wellness involves discovering a set of beliefs and values that brings purpose to your life.

• While different groups and individuals have a variety of beliefs regarding spiritualism but the general search for meaning for our existence is considered essential to creating harmony with yourself and others regardless of the path to spirituality you choose to follow.

• It is considered healthier to find your own path to the meaning of life that allows you to be tolerant of the beliefs of others and life a life that is consistent with your beliefs. However, these dimensions interact and overlap. They also complement each other to form the whole person. Similarly change in one dimension affect the other dimensions. For example, a person who begins an exercise program to lose weight (physical) may also improve his or her self-esteem (emotional). A college student studying philosophy to fulfill university requirements (intellectual) may discover meaning in life, a purpose for living (spiritual). When someone is ill (physically), he probably doesn’t feel like spending time with his friends (social).