

My WellPath: Spiritual Wellbeing

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Spiritual Wellbeing

Spiritual Wellbeing involves seeking purpose and meaning in one's life, which ultimately encourages wellness. It encourages self-examination of our set of beliefs, principles, and values that help give direction to our lives. This can encompass activities like meditating, praying, or spending time in nature.

Explore resources below for the following topics:



- Exploring What Spirituality Means to You
- Mindfulness & Meditation
- Physical Movement & Spirituality
- Connecting with Nature
- Compassion & Gratitude
- Creativity & Spirituality


My WellPath Journal

Introduction to Mindfulness

- [Mindful Communication at Work - Creating Engaged Teams](#)
 - [Mindful Parenting](#)
- [Mindfulness Based Stress Reduction \(MBSR\): History, Evolution and Possible Benefits](#)


The book MBSR is based on by Jon Kabat-Zinn

- [Full Catastrophe Living PDF](#) 
- [Full Catastrophe Living Audio Book.zip](#)  (zip file download with one audio file per chapter)

[Mindsets for Mindfulness: Awakening From Crisis to Higher Consciousness](#)  PDF (MindThatEGO)

[Why Isn't Mindfulness Working for Me?](#)
(Center for Spirituality & Healing, University of MN)

My WellPath Spiritual Wellbeing Journal

- [Digital Journal](#)  (fill-in electronically and save)
- [Printable Journal](#)  (print and write in)

[Mindful Meditation Webinar Recording](#)
(LifeWorks EAP)

[UMN Guided Meditations](#)

[Other Sources for Guided Meditations](#)
(curated by the Center for Spirituality & Healing, University of MN)

[Resources for New Meditators](#) (Tara Brach, psychologist and Buddhist teacher)

[A Guide to Meditating for People Who Hate Meditating](#) (Forge)

Vets in Mind App: Mindfulness Category
(more details below under Vets in Mind)

DailyOM [Meditation and Relaxation Inspirations & Courses](#)

- Inspirations are free articles and courses have the option to select the amount to pay so they are accessible for many.

[The Practice of Prayer](#) (Center for Spirituality & Healing, University of MN)

Physical Movement & Spirituality

[The Spiritual Side of Yoga](#) (Himalayan Yoga Institute)

[Understanding the True Purpose of Yoga](#) (Spirituality & Health Magazine)

[6 Free Online Yoga Resources to Help You Improve Your Yoga Practice](#)

Vets in Mind App: Yoga Category (more details below under Vets in Mind)

[How Tai Chi Contributes to Your Spiritual Growth](#) (Art of Tai Chi)

[Tai Chi as a Spiritual Practice](#) (Hal Mosher, Tai Chi Instructor)

[Qigong Overview](#) (Center for Spirituality & Healing, University of MN)

[Mindful Walking](#) (DailyOM)

Connecting with Nature

[Nature, Spirituality and Healing: How Nature Benefits Your Wellbeing](#) (Center for Spirituality & Healing, University of MN)

[Nature Therapy: How Nature Can Help Heal and Expand Your Awareness](#) (Chopra)

[Forest Bathing: A Japanese Mindfulness Practice](#) (Spirituality & Health Magazine)

[The Benefits of Spending Time Outdoors](#) (LifeWorks EAP)

DailyOM [Nature Inspirations & Courses](#)

- Inspirations are free articles and courses have the option to select the amount to pay so they are accessible for many.

[The Center for Spirituality in Nature Resources](#) (articles, videos, etc. - some free, some have fees)

[Why Gardening is Good for the Spirit](#) (Conscious Living TV, a PBS broadcast)

[Playing Outside Supports Children's Spirituality](#) (Conscious Living TV, from Spirituality & Health Magazine)

Compassion & Gratitude

[The Power of Compassion](#) (DailyOM Guest Pamela Bloom)

Free course: [The Superpower of Self-Compassion](#) (MindThatEGO)

[Lead With Your Heart: Creating a Life of Love, Compassion, and Purpose](#) (DailyOM Guest Regina Cates)

[How Practicing Gratitude Can Help You Heal](#) , University of Minnesota, 2021


[Gratitude Journal](#) (LifeWorks EAP)

[3 Essential Practices for Gratitude](#) (Deepak Chopra for Spirituality & Health Magazine)

Creativity & Spirituality

[The Relationship Between Spirituality & Artistic Expression](#) (UCLA)

[The Artist's Way: Creativity As a Spiritual Practice](#)  PDF , author: Julia Cameron

[Seeking Wisdom: A Spiritual Path to Creative Connection.zip](#)  audio book, author: Julia Cameron (zip file download with one audio file per chapter)

[A Guide to Journaling for Spiritual Growth & Self-Development](#) (MindThatEGO)

[15 Journaling Prompts to Explore Your Spiritual Side](#)

DailyOM Art and Writing [Inspirations & Courses](#)

- Inspirations are free articles and courses have the option to select the amount to pay so they are accessible for many.

[5 Healing Benefits of Listening to Music](#) (Chopra)

[Sound and Spirit: Music as a Path to Awakening](#) (Carrie Grossman, Insight Timer)

Resources in the Vets in Mind App

Download the Vets in Mind App from the Apple App Store or Google Play Store.

From the Home screen go to "Browse news, resources and stories" section and look for the following categories:

- Yoga
- Mindfulness