

HOW TO CARE FOR YOUR SPIRITUAL WELL-BEING

DURING A TIME OF UNCERTAINTY



Randall Lewis Center for
Well-Being and Research
University of La Verne



Office of Religious
and Spiritual Life

INTRODUCTION



Spiritual wellness allows us to be in tune with our spiritual self and focus on what is really important (such as God, self, others, all life, community). This realm of wellness lets us find meaning in life events and define our individual purpose. Spiritual wellness can be defined through various factors including religious faith, values, ethics, and/or morals. Spiritual wellness not only allows you to seek meaning and purpose, but it also allows you to appreciate your life experiences for what they are. When you find meaning in your life experiences, you will be able to develop a harmony with your inner self and the outside world. In simpler terms, spiritual wellness grants you balance. In difficult times, spiritual wellness can help lessen the impact of fear, anxiety, and uncertainty and can help us cultivate love, compassion, peace, resilience, connection and equanimity.

UNIVERSITY OF LA VERNE RESOURCES

Virtual Worship Services

Immerse yourself in this unique [interfaith opportunity](#) and be inspired!

Virtual Spiritual Life Groups

[Bible study](#), [Sacred Text study](#), [small group discussions](#), [prayer and spiritual practices](#)

Spiritual Practices for a Challenging Time

A list of [13 spiritual practices](#) you can do right now to support your spiritual well-being!



Mind, Body and Spirit
[Free Weekly Online Meditation](#)
[Online Yoga](#)

Spiritual Life on Social Media
For Spiritual Life programming and social connection, access Spiritual Life Clubs and Offices on [social media](#)

Individual Support and Pastoral Care
Chaplain, Zandra Wagoner, is available for online support and pastoral care via WebEx, FaceTime, Google Hangouts, or Skype. If you would like to schedule, contact zwagoner@laver.edu.

HELPFUL RESOURCES WEBSITES AND APPS



There are many apps available that can support your spiritual journey and keep you spiritually-inspired. The Office of Religious and Spiritual Life has developed a [list of apps](#) you might want to consider. The list is separated into two categories: 1) General Spiritual Wellness Apps and 2) Interfaith and Religion-Specific Apps

Websites:

[Spiritual Practices for a Challenging Time](#)
[Spiritual Practices for the Coronavirus Pandemic](#)
[Greater Good Guide to Well-being During the Coronavirus](#)

ACTIONABLE TIPS



*May all beings be well
May all beings be filled with love and kindness
May all beings be healthy and safe
May all beings be free of suffering
May all beings be happy and peaceful*

Each time you wash your hands, say a short prayer, meditation, sacred text, or blessing for 20 seconds. Choose your favorite words, or use the blessing above that extends love and kindness to ourselves and others. Depending on what's needed at the moment, you can replace "all beings" with "I", or "you", or "my community", or "the world". Prayers and blessings can center and calm us and also keep us facing outward to the world with our compassion and love. As you pray, remember the long view of history, the rhythms and cycles of nature, the invisible threads that connect us all.