



HEALTHY@HARRIS
Caring for ourselves so we can care for others

Spiritual Well-being

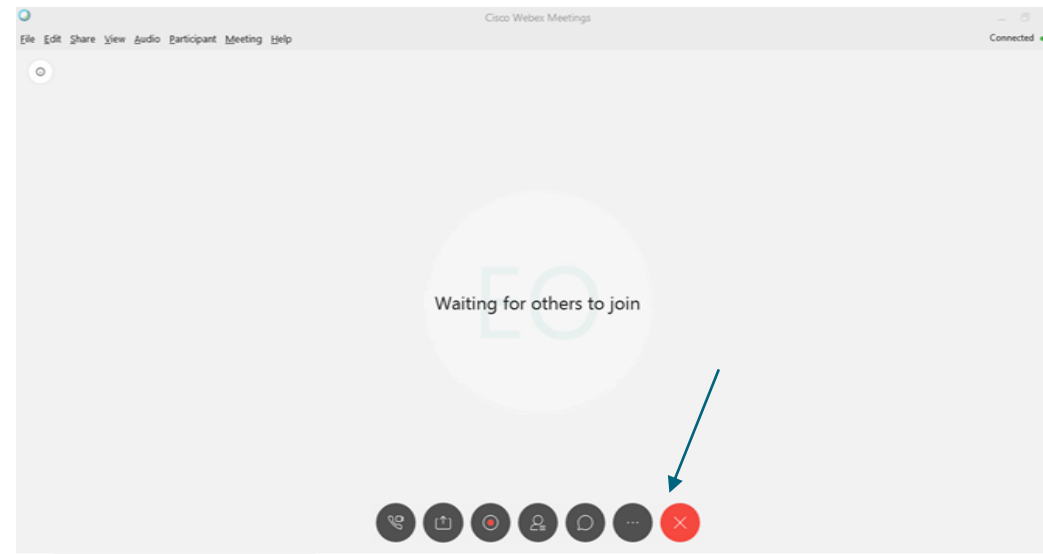
Wellness Workshop

Taught by the Harris Health Employee
Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.

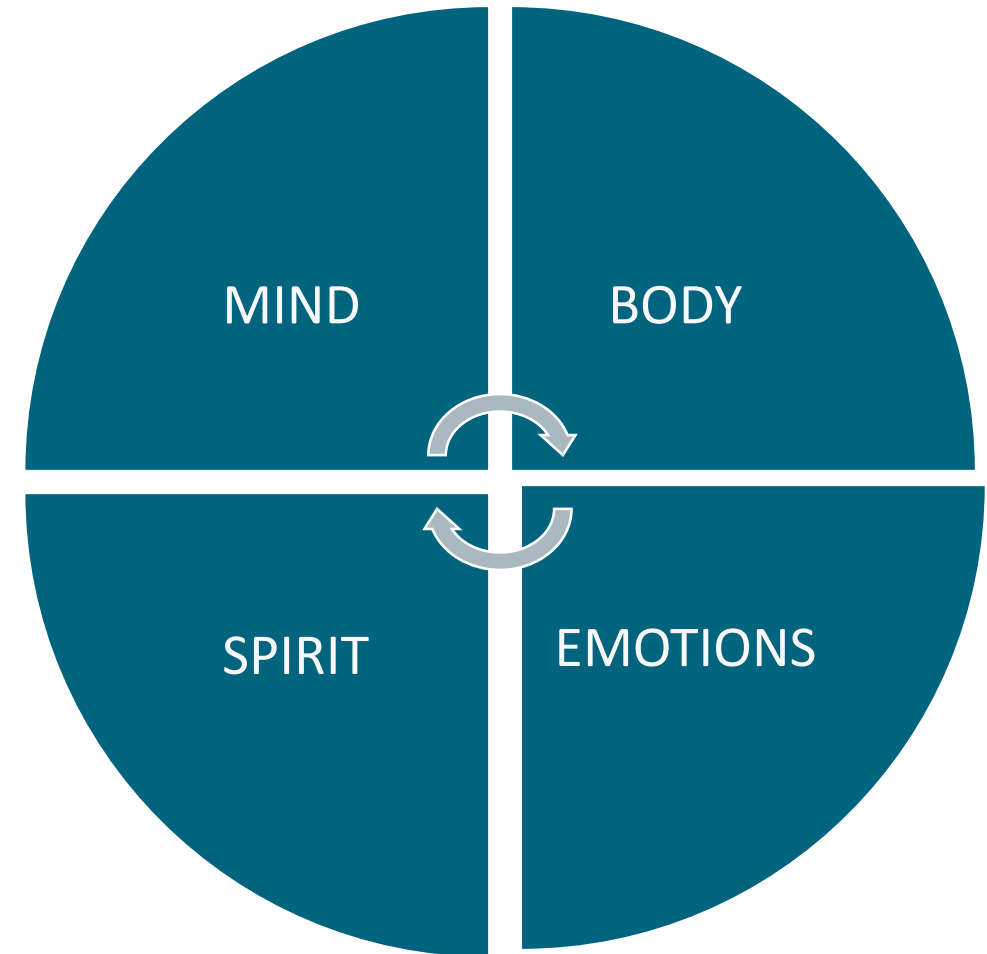


Learning Objectives

- The Wellness Paradigm
- Defining Spirituality
- Religion vs Spirituality
- Three Pillars of Human Spirituality
- Triumph of the Human Spirit
- Cultivating Spirituality

The Wellness Paradigm

- The Integration, balance and harmony of the Mind, Body, Spirit and Emotions is essential for optimal well-being
- Where the whole is considered greater than the sum of the parts
- If you don't honor the integration you end up with dysfunction





- *We are not human beings having a spiritual experience. We are spiritual beings having a human experience."*

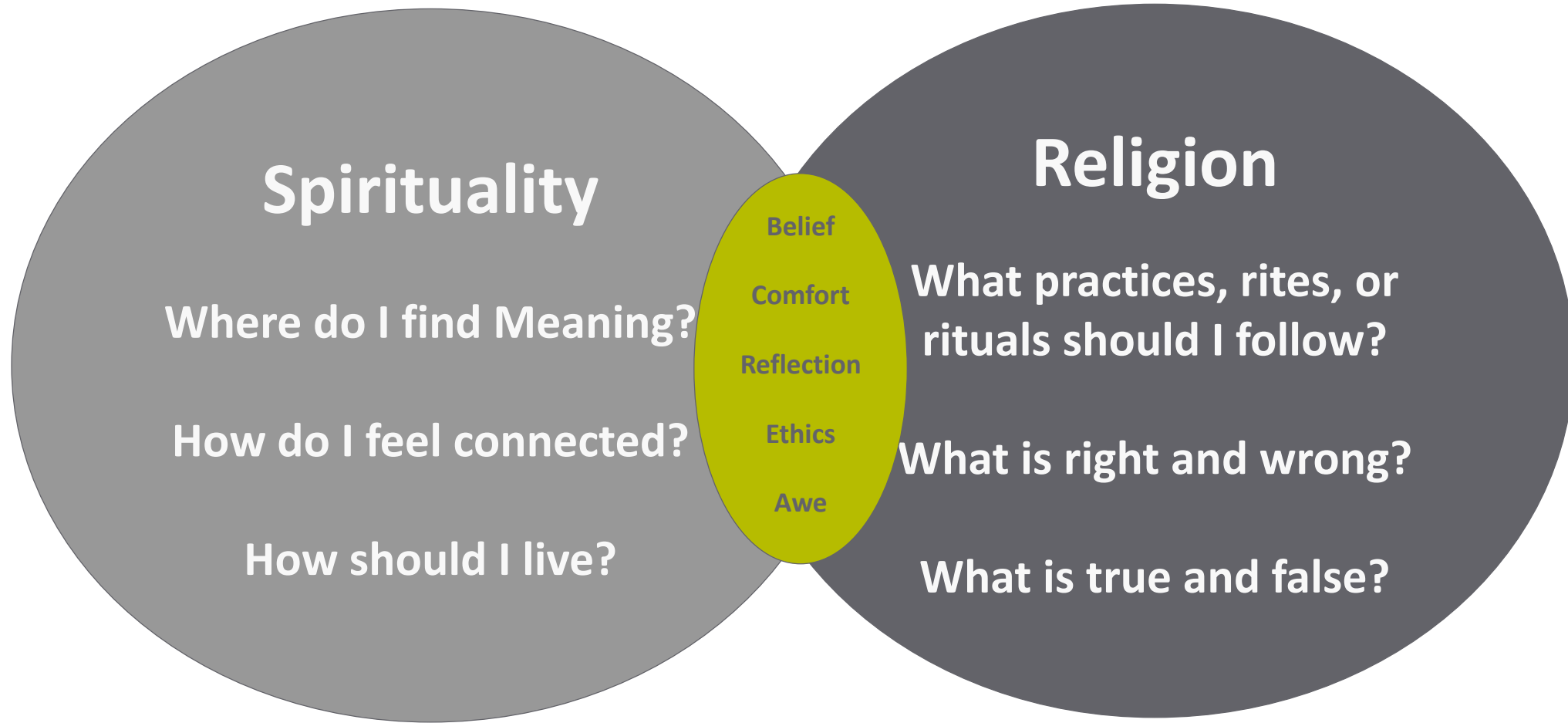
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- - *Pierre Teilhard de Chardin, S.J.*

Defining Spirituality

- Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred
- Spirituality means any experience that is thought to bring the experiencer into contact with the divine
- The spiritual dimension tries to be in harmony with the universe, and strives for answers about the infinite, and comes into focus when the person faces emotional stress, physical illness, or death

Religion vs Spirituality

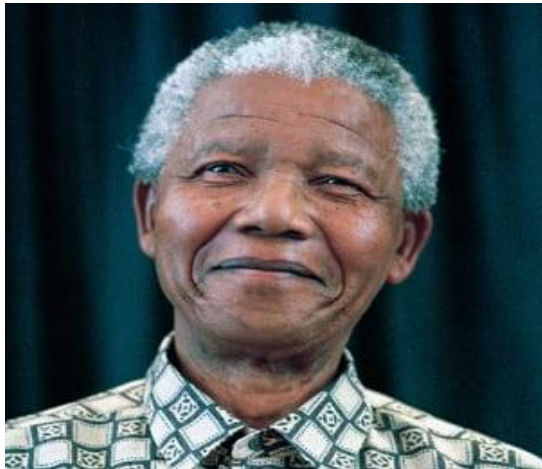


Three Pillars of Human Spirituality

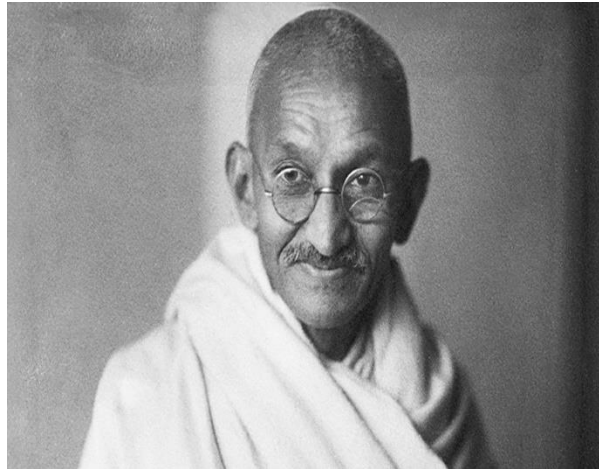
- Relationship
- Values
- A Meaningful Purpose in Life



Triumph of the Human Spirit



***Nelson
Mandela***



***Mahatma
Ghandi***



***Rosa
Parks***

Triumph of the Human Spirit



***Boston
Marathon
Runners***



***Soldiers
Returning
from War***



***COVID
Front Line
Workers***

Triumph of the Human Spirit

- Remarkable stories of triumph serve as a both a roadmap and compass for our own life journey
- When we hear of someone who has overcome adversity, beaten unlikely odds and become victorious, we celebrate with them and are inspired in our own lives
- The Triumph of the human spirit is the epitome of strong spiritual well-being and the cornerstone of personal happiness

Cultivating the Human Spirit

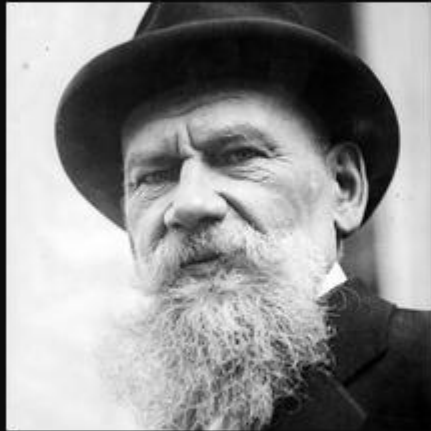


- Engage in activities that bring you peace and joy.
- Perform acts of kindness.
- Express gratitude for your life.
- Take time to appreciate nature.
- Practice mindfulness.
- Apologize and forgive.

Summary

- The Integration, balance and harmony of the Mind, Body, Spirit and Emotions is required for optimal well-being
- Spirituality is a broad concept with room for many perspectives. It includes a sense of connection to something bigger than ourselves and it typically involves a search for meaning in life
- Remarkable stories serve as both a map and compass for our own life journey
- Find ways to cultivate spirituality in your life, in a way that brings peace and joy no matter the situation

Leo Tolstoy



There is something in the human spirit that will survive and prevail, there is a tiny and brilliant light burning in the heart of man that will not go out no matter how dark the world becomes.

AZ QUOTES

Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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