



# Spiritual Health and Wellness

## Fact Sheet



Spiritual wellness is an important aspect of overall well-being that significantly impacts both personal life and professional effectiveness.

Maintaining spiritual health and wellness prepares USPHS officers for present and future endeavors:

- Process challenging events with clarity and compassion
- Overcome adversity through inner strength and purpose
- Strengthen ethical decision-making rooted in integrity



## Spiritual Health and Wellness

- Spirituality - a unique experience of how you relate to something greater than yourself and provide meaning to your life.
- Spiritual wellness helps find a sense of purpose, meaning in life, and helps connect you to others.
- Spiritual health and wellness means different things to different people.
- Spiritual wellness may be defined through various factors including values, religious faith, morals, and ethics.

## Why Does Spirituality Matter?

- Studies indicate that people with a healthy spiritual life often experience richer lives.
- Religion and spirituality may positively affect a wide range of health issues.
- Belief in something bigger than yourself promotes strength and peace during difficult times.
- Being open to spirituality and other faiths encourages people to accept and be supportive of others.

## Take Action

- Take time to explore your values.
- Seek a spiritual and/or religious guide.
- Set aside regular times/places for spiritual activities.
- Practice gratitude.
- Practice self-compassion.
- Volunteer
- Spend time in meditation or practicing mindfulness to center yourself and enhance mental clarity.

## Resources

- What Matters Most? Exploring Your Values: [https://www.va.gov/WHOLEHEALTH/veteran-handouts/docs/WhatMattersMost\\_Final508\\_07-25-2019.pdf](https://www.va.gov/WHOLEHEALTH/veteran-handouts/docs/WhatMattersMost_Final508_07-25-2019.pdf)
- <https://www.nnva.gov/2591/Spiritual-Wellness>
- [https://www.armyupress.army.mil/Journals/NCO-Journal/Archives/2024/August/Spiritual-Readiness/#::~:~:text=Spiritual%20Readiness%20as%20a%20Readiness,Chen%20&%20VanderWeele%2C%202018\).](https://www.armyupress.army.mil/Journals/NCO-Journal/Archives/2024/August/Spiritual-Readiness/#::~:~:text=Spiritual%20Readiness%20as%20a%20Readiness,Chen%20&%20VanderWeele%2C%202018).)
- <https://www.va.gov/WHOLEHEALTH/circle-of-health/spirit-soul.asp>

Wellness is important to focus on: [https://dcp.psc.gov/ccmis/Wellness\\_Support\\_Resources.aspx](https://dcp.psc.gov/ccmis/Wellness_Support_Resources.aspx)