

# Tuning in to your Spiritual Well-being

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Focusing on spiritual health enables us to transcend societal and physical limitations and find greater purpose in our lives. Spiritual wellness can help BSW employees find greater meaning in their work, better process daily struggles, and find wholeness by connecting to a higher power. Chaplain Supervisor Alan Wright, MDiv, BCC, shares his simple tips for a stronger spiritual connection.

### 1. Stop. Acknowledge. Appreciate.

In a fast-paced world, take a moment to slow things down and become alert to the beauty and goodness that surrounds you.

### 2. Be still.

Unplug from technology, allowing yourself to be fully present and focused during your time for prayer or meditation.

### 3. Practice forgiveness.

Past wrongs—by us or others—can clog our mental and spiritual space. Make room by forgiving others, and allowing yourself to receive forgiveness, too.

### 4. Look for inspiration and be creative in response.

Creativity engages your spirit, resulting in a sense of joy and wholeness.



BSW chaplains offer ministry and support for all faiths. Call 214-724-1575 from 7 a.m. to 7 p.m., Monday to Friday, to speak with a chaplain.

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