

Spiritual Wellness

Table of Contents

Resources:

[Roots & Shoots](#)

- *This activity uses the Element Methodology, developed by Deloitte, to understand the different ways we can find purpose and meaning (roots) and accelerate learning (shoots). Use this framework to identify new behaviors and practices you can leverage to lead a more purposeful life.*

[5 Ways To Use Your Crystals At Home](#)

- *Crystals are much loved for their soothing effect and supposed healing benefits. There are many different crystals, all with unique benefits, helping the physical, emotional and spiritual side to our wellness needs. This article shares ways to connect with your crystals' energetic healing powers. Text of the article can be found in file [here](#).*

[6 Indoor Gardening Project Ideas for *Any* Size of Home](#)

- *Crack open that window to let in a little fresh air, spread out an old sheet or some newspapers, grab a bag of potting soil, and dig into one of these fun indoor gardening projects. Even if you have a self-professed "brown thumb," you might be surprised at how much fun you have and how well your projects turn out. Text of the article can be found in file [here](#).*

[Wellness Room \(Folder\)](#)

- *This resource breaks down the finances and plan for creating a wellness room on your campus. Originally created by NYITCOM-Arkansas, the folder contains the proposal draft, budget breakdown, and all the resources you will need to create your own wellness room at your COM!*

UCLA Health Free Guided Meditations

- *Click this link for [free guided meditations](#) in 8 languages through UCLA!*

[Future Self Meditation](#)

- *This is a script to guide you (or help you guide another group of people) through a meditation practice focused on envisioning your future self.*

Best Podcasts for Meditation 2022

- *Click this link for an article detailing [20 of the best meditation podcasts](#) as of 2022.*

BREATHE Guided Meditation

- *Guided meditations & breathing practices on the go. Click this link to explore [BREATHE](#)*

[Resource for Understanding the Major Religions](#)

- *This is a great resource for learning about the major religions, their holidays, and their traditions.*

[Acupuncture](#)

- *The above link will take you to the NIH National Center for Complementary and Integrative Health's fact sheet about acupuncture where you can learn all about what it is, what it's used for, and what research has to say about it.*

[Maintaining a Spiritual Life in Medical School](#)

- *The AAMC blog post above gives one student's account of how to maintain spirituality as a medical student. Additionally, check out this research article that explores religion and spirituality as an asset for medical students.*

[How Spirituality Affects Mental Health](#)

- *The above WebMD article explores some of the impacts of spirituality on mental health.*

[Spiritually Augmented Cognitive Behavioral Therapy](#)

- *The above article discusses the foundations of Spiritually Augmented Cognitive Behavioral Therapy (SACBT) which providers can be trained on and integrate into their practices.*

Event Suggestions:

[41 Spiritual Wellness Activities to Uplift Your Mind, Body, and Spirit](#)

- *Compiled and narrated by Taylor Blanchard in 2021 and updated in May 2022, this article gives 41 ideas of ways to connect with your spiritual wellness center. Either use on your own or along with your peers to build community. Text of the article can be found in file [here](#).*

[50+ Short Mantras To Balance & Heal Each Chakra](#)

- *Chakras are energy wheels located along the length of your spine. They correspond to the colors of the rainbow, and when blocked, can bring about both physical and emotional issues: apathy, fatigue, irritability, and headaches, to name a few. In this article, you will find a generous list of short yet powerful mantras which you can use to balance and heal each chakra. Text of the article can be found in file [here](#).*
-

[4 Practical Daily Rituals To Cultivate Spiritual Wellness](#)

- *4 practical rituals you can implement to boost your Spiritual Wellness. Text of the article can be found in file [here](#).*

[Virtual Yoga Session Instructional Guide](#)

- *This online guide walks you through the process of how to host a virtual yoga session. It's a great way to provide a wide-reaching wellness activity to students at your COM and is extremely customizable to the community you are working with.*

Other Event Ideas

- Acupuncture and Key Lesion information session held by OPP department
- Weekly meditation meet-up
- Coffee and conversations spirituality discussion event
- Information session on spiritual cultural competency and how to integrate spirituality into your practice