

About the Spiritual Wellness Challenge

The Spiritual Wellness Challenge is a fun and engaging way to encourage employees to find spiritual support.

- The challenge is to have your employees participate in one spiritual wellness activity every month.
- You choose the best format for organizing the challenge.



What is Spiritual Wellness?

Spiritual wellness is living with meaning and purpose by exploring one's personal values, attitudes and beliefs.

Why is Spiritual Wellness Important?

Spiritual wellness helps define who we are. It can help guide our activities, practices and interactions within the world.

Spiritual Wellness Activities

There are many ways to practice spiritual wellness- find what engages and motivates you! Spiritual wellness can be developed through a multitude of activities and below is a list of options to help you start your route to spiritual wellness.

Soul Care



Employee Spiritual Care hosts a weekly opportunity for employees to find spiritual support during a quick break in the workday. 15 minutes of spiritual reflection experience via Zoom.

[For more information on Soul Care opportunities](#)

Read a Devotional or Reflection



Read individually or take turns reading a devotional or an inspirational reading to share with colleagues at staff meetings. Read or share the weekly News of the Week (NOW) devotionals.

reFresh



reFresh is an interactive, six-week Bible study offered three times each year. A speaker presents a 20-minute lesson, then there is opportunity for discussion for those who would like.

[For more information on reFresh](#)

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Spirit Lifters



Spirit Lifters are short and simple inspirational quotes and bible scripture sent weekly via email to all LLUH employees. Take a moment to reflect on one this week!

[Spirit Lifters](#)

Random Acts of Kindness



Researchers found that being kind to ourselves or to anyone else — yes, even a stranger — or actively observing kindness around us boosted happiness. Try the daily random acts of kindness 30-day challenge below.

Partners in Prayer



Call the Living Whole Wellness Program at x14007 to order prayer invitation cards to invite a colleague to pray with you. You are invited to join in daily prayer for segments of our organization through the prayer calendar below.

Monday Morning Prayer & Praise



Monday Morning Prayer & Praise are short and simple inspirational prayers and praises. Employees have the opportunity of submitting their prayers and praises.

[Morning Prayer & Praise](#)

Sabbath Thought



Read inspirational sabbath thoughts. Employees have the opportunity of submitting their prayer requests and praises.

[Sabbath Thought](#)

Volunteer



Living a life of service has the ability to not only improve the lives of others it can also have a profound impact on your life as well. Find out how you can volunteer for Loma Linda University Health! [Volunteer](#)

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