

Summer Wellness Series Week 5

Spiritual and Intellectual Wellness

Take aways from this week:

- Our spiritual wellness encompasses the beliefs, principles and values that guides our lives and wellbeing.
- Intellectual wellness emphasizes one's ability to grow in knowledge and skills.



Looking to practice better Spiritual and Intellectual Wellness, consider these:

- Sign up and attend an online class. Virtual classes are offered through your local community college or an online platform - [Coursera](#), [edX.org](#) or [free online courses offered by Harvard University](#) are good places to start.
- Practice gratitude and journaling - [Gratitude Journal Prompts \(click\)](#).
- Try meditation; it can be helpful on one's spiritual journey - [Meditation Apps \(click\)](#).

Follow this link <https://eap.cfsbny.org/summer-wellness-series-2/> to find more information, activities and a guided audio.

