What else can you do to nurture your Spiritual Wellness?
Write ideas down here:

◊ ______________________________________
◊ ______________________________________
◊ ______________________________________
◊ ______________________________________
◊ ______________________________________
◊ ______________________________________

Please take three of these brochures:

1. Keep one
2. Give one away
3. Leave one somewhere for someone else (like in a waiting room or office)

REMEMBER: Talk about the Emotional Dimension of Wellness at your Local Collaborative/club/meeting/group/family gathering

For more information about the Behavioral Health Planning Council:
http://www.bhc.state.nm.us/BHPC/BHPC.html
Service is a spiritual practice. Give back on a regular basis; say something positive to someone; give other people encouragement and hope; volunteer; make quilts for someone; cheerlead my sister with cancer; care for a parent; welcome people to your village or dances; do random acts of kindness.

Service takes you outside yourself, outside your disease of the soul; makes others stronger and so makes you stronger; our PSR adopted a highway—service is what you make of it; helping others helps me.

Prepare your inner self through chant, prayer, affirmations; take time to get grounded or centered; my spirituality is a way of being not doing, it’s what’s behind an activity; meditate at least 5 minutes every day.

Pray to the sun in the morning and pray at night; throw corn meal; show younger generations what we do.

My spirituality is what is in the environment, including dance and song, waking up to the donkeys, tending the garden; camping and fishing help my spirituality; finding a heart rock.

Do things that connect me with the world I’m in, with something bigger than myself; connect with people and also with nature and beauty and creativity.

Creativity is a sacred thing, connect with your creativity; notice the beautiful things in nature, in your life, that you make.

Being aware of my relationship with my animals is a spiritual practice.

12 Step Programs or __________________________ grow my spiritual dimension.

Connect with someone to start the day; connecting daily helps me cut through isolating; reach out.

We are not human beings having a spiritual experience; we’re spiritual beings having a human experience.

Ceremonial or other practices I do daily keep me centered; Use rituals to practice spirituality in a systematic way.

Taking care of me keeps me focused.

Seeing others faces radiate reminds me of the spiritual—seeing people & animals.

Change your perspective; see how others see things.

Listening is a spiritual practice; learn about others’ perspectives and stay open; see the stages of growth that we go through and that others do too.

Be aware of energy; pay attention to the energy I am putting out and consciously try to give out energy to help others.

Appreciate people who are good at care giving; think about what it was like for my mother when I was a kid.

Make a gratitude list; tell someone you appreciate something.

Feed some little wild beasts; do acts of caring; get out there and relate.

Pay attention to learning experiences; grow patience; make the difficult people into teachers; honor the squeaky wheels as well as others.

Remember that when the student is ready a teacher will come; get ready; study and learn about people, issues, situations, problems.

Come to terms with yourself—what you are capable of doing; Journey between heaven and earth to soften your edges.

Listen to: You can’t always get what you want. But if you try sometime you find you get what you need; or All You Need is Love; or other songs.

Create space in your being—empty out some pieces every once in awhile; pray to be receptive, to pay attention, to be ready for change; prepare.

Watch for spiritual signs; notice a eagle you see; interpret what’s in front of you; watch a tag team of ants carry a load.

Set my ideals, work for them; keep myself safe; work to become the person I want to be so I do not become the person I do not want to be.

Practice humility; listen to someone railing; don’t discount people because of their method of delivery; remember others would also like things to be different.

Combat fear with hope; trade fear for faith; build courage.

Give back to your tribe, community as well as to individuals.

Look at the muted paints at Ojo Encino—if they can make a new breed; we can make a new world.

Take time to reflect, to be fully connected with yourself.