Spirituality and Wellness

Research has linked spirituality and religious involvement with better long term health:
- Lower rates of heart disease
- Lower blood pressure
- Decreased anxiety and depression
- Increased happiness
- Less stress
- More contentment through connection to a community

Spirituality can give meaning to life events and help answer questions. Growing your spiritual life may do more than increase your inner awareness. It may help you grow overall on your path to better health.

Source: lifecenter.nic.org

SINGleness is a dimension of wellness and a part of all of our identities (along with our gender, race, socioeconomic status and sexual orientation). How do you make sense of your own belief system? Think about it! No matter what you do or do not believe, that is a part of you. The more you explore, the more you will find.

FAITH: Mom used to quote Isaiah 64: about waiting on the Lord. It doesn’t mean being complacent. It means understanding that there is a plan, and that we’re not the ones in control. In the meantime, we need to strive to use our gifts and abilities fully.

- Tim Tebow

Believe well and have an open heart. Taking care of your mind, body and soul is a beautiful art.

- MMcK

PRAYER. “Most people don’t pray until they’re in trouble. When people need help, they pray a lot. But after they get what they want, they slow down. If a man takes five showers a day, his body will be clean. Praying five times a day helps me clean my mind.” -Muhammad Ali

Macomb offers a wide variety of services and faith exploration opportunities (42 to be exact). Check out a complete list at www.wiu.edu/student_services/ministries

Love. Nothing is more practical than finding God, that is, than falling in love in a quiet, absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what you will get out of bed in the morning. What you do with your evenings, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything.

- Fr. Pedro Arrupe