

Spiritual

The Spiritual dimension recognizes our search for purpose in human existence. It involves cultivating meaning in life and finding connections to the world outside yourself. Spiritual wellness works to align actions, beliefs, and values. Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- Remaining open to the mysteries and magic in life often allows us to experience a sense of wonder and spirituality that may otherwise eclipse us if not practicing such awareness.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

Religion may play a part in some students' spirituality, but there are also many different ways to explore and express spirituality depending on individuals' personal beliefs, cultural contexts, and upbringings.

At Student Wellness, we hope students can explore spirituality in ways that satisfy their own perception of what it means to them, and work to connect students to opportunities where they can explore what this dimension means to them.

Enhance your spiritual wellness by taking advantage of resources offered around campus.

On Campus

- Join a Religion or Faith-based [Student Organization](#) [1]
- [Cultural Holidays](#) [2]
- [UNC Religious Accommodations Policy](#) [3]
- [Yoga, Mindfulness, and Meditation Resources](#) [4]
- [Nature and Related Resources](#) [5]
- [Mysteries and Wonders of the Universe](#) [6]

Source URL: <https://studentwellness.unc.edu/about-us/dimensions-wellness/spiritual>

Links

- [1] <https://hellife.unc.edu/organizations?categories=6113>
- [2] <https://diversity.unc.edu/about/holidays/>
- [3] <https://eoc.unc.edu/our-policies/religious-accommodations-policy/>
- [4] <https://studentwellness.unc.edu/resources/mental-wellbeing-resources>
- [5] <https://campusrec.unc.edu/programs/carolinaadventures/>
- [6] <http://moreheadplanetarium.org/>