Mind, body & soul

We all have busy schedules and struggle to take time for ourselves to relax and recharge. It is a good day when we go play a round of golf or spend a day on the lake. This is good to recharge our physical nature, but what are we doing for the spiritual side of our being?

There is a new concentration in many areas of study to focus on the spiritual side of human beings. Hospitals are studying the effects of spiritual health during inpatient care and especially researching the outcomes of those involved in faith communities after being released. There has to be a connection between these areas because it is who we are.

Here are a few tips to help recharge your spiritual side:

1. Involve yourself in a faith community. Do not just show up for worship services. Get involved in classes that discuss the spiritual things of life. Participate in activities with people who are seeking spiritual strength.

2. Spend time each day directing your thoughts spiritually. You can pray, meditate or just sit quietly. Think about who you desire to be in your world. Block out the negative things and focus on the positive. The psalmist remind us to, "Be still" in Psalms 46:10.

3. Do something good for others each day. Our physical nature can be a little selfish at times, but our spiritual nature is about going beyond ourselves. Doing something for someone and not expecting anything in return. Make it a selfless act. This will help others have a good day and make you feel better about the world around you.

4. Properly handle your stress. This is difficult to do, but possible. How often do we worry about things that are out of our control? I believe this occurs more often than we would like to admit. When we are worried about something, simply ask yourself, "What can I do to change the situation?" If the answer is nothing, then remind yourself of that fact. If there is an answer, then make a plan to make the situation better.

5. Be reflective at the end of your day. We often end our day by planning for tomorrow. This is a good practice but often leads to stress and sleepless nights worrying about the next day. Just before you go to sleep, spend time thinking about what you accomplished that day. Think about the positive things you did for others. Be thankful for the things you have around you. This will set your mind at ease and allow you to end your day with something good.

Our spiritual side is very important. We need to take time each day to build it up and make it stronger. This will lead to a better life and a proper balance.

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