The sense that life is meaningful and has a purpose, the ethics, values, and morals that guide us and give meaning and direction to life.

Spiritual wellness implies a search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner needs with the rest of the world.

Assess your Spiritual Wellness

- I take time for spiritual growth and development.
- I am tolerant of other’s views about life issues.
- I have been challenged in my beliefs before.
- My life is exciting and challenging.
- I believe my life to have direction and meaning.
- I place importance on achieving both outward (material) and inward (spiritual) goals.
- I am grateful for the blessings in my life.

January Observances and Events:

- National Mentoring Month
- National Blood Donor Month
- Jan 9 – Classes Begin at 4:00
- Jan 10 – First Full Day of Classes
- Jan 16 – Martin Luther King Jr. Day – NO SCHOOL
- Jan 17 – World Religion Day
- Jan 20 – Inauguration Day

For more wellness information visit: www.ndsu.edu/studenthealthservice