



Spiritual Wellness for Overscheduled Families

Why should we make time for this?

In an overscheduled lifestyle, spiritual wellness can be put on the “back burner.” Many consider spending time identifying personal values, and taking time to relax and meditate, to be a “waste of time.” However, research has proven otherwise. Don’t let an overscheduled life keep you from staying connected with your inner self and the world around you. Implement the tips below to begin your journey to inner peace in the midst of a turbulent world.

How can I improve spiritual health with little time?

Be Quiet

- Take some time to enjoy solitude. If you are driving, turn off the radio. When you are at home, turn off the computer, mute the phone and shut off the TV. Stop talking and start listening to your inner self. We hear noise constantly throughout the day. Taking time to be quiet allows us to reconnect with ourselves and think deeply about life.

Get to Know You

- Take time for self-reflection. Whether it’s at a red light, during your lunch break or while enjoying a well-deserved vacation, reflect on your life. Identify what you love doing and do more of it. Always work toward a satisfying balance.

Live Out Values

- Identify what you value in life and live your values. Don’t wait until life “slows down.” Put excuses aside and be your authentic self. Get rid of the “busy schedule” reason and find the courage to bring your values to the table.

Breathe Deeply

- Breathing deeply calms us, helps us focus and allows us to relax. It is easy to do and takes little time. Take sets of seven deep belly breaths throughout the day to regroup and lose tension. Remind yourself to breathe in for a count of seven and out for the same. While doing so, remind yourself to “get your ears off your shoulders.” Doing so will help you dissolve anxiety and tension you might be feeling.

Live in the Present

- Don’t miss out on life by dwelling on the past or worrying about the future. Live in the now. Take full advantage of what is happening in the moment and capitalize on it. You’ll never get the opportunity again.

Family Conversation Starters

- What relaxation techniques would you like to learn and practice to help reset yourself?
- How would you like to reflect on your day? Do you want to talk about it at dinner or bedtime, or write in a journal? Do you have other ideas?
- How can we best schedule quiet time at home?



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Family Activity

Mindful Eating Exercise

Challenge the family to an exercise in mindfulness during family mealtime.

- Begin by having family members close their eyes and take five deep, calming breaths. Ask each person to breathe out tension and find inner calm.
- Next, invite everyone to be mindful of his or her food. First, have family members look at the food on their plates. Next have them smell it and consider the aroma, the feel of the food or the feel of the utensil in their hand.
- Tell family members to take a bite, then put their utensil down and chew slowly for 20 or 30 seconds. Have them listen for the crunch of their chewing. Ask everyone to notice the taste and texture of the food.
- Repeat five cycles of breathing, then repeat with another bite.

After repeating this exercise for three to five cycles of breathing and bites, talk about what the experience was like. Discuss the following questions:

- What did each person notice?
- How was it helpful?
- How else can mindfulness be used every day?

Family Action Plan for Spiritual Wellness

What do we already do well?

What would we like to change?

Who will do each task and by what date? How will we know if we are successful?



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