

PARTNER

Huddle Series

WEEK OF
3.19.2023

THIS WEEK'S Huddle Topic

Learn All About Spiritual Wellness from the Roadmap to Wellness

Activity

Today we are going to talk about Spirituality - the sixth stop on the Moorings Park Roadmap to Wellness. Today we are exploring how meditation can enhance your own sense of spirituality.



PREPARATION TIPS

Read through the Huddle before facilitating.

Place enough chairs for participants in huddle area.

1. **Say:** "Here's how you can experience meditation in just 60 seconds. Find a comfortable seated position. Then, close your eyes and focus on your breathing."
2. **Say:** "Breathe in through your nose. Let your belly fill with air. Breathe in for the count of 3, hold for 2 seconds. Breathe out through your nose, slowly, for a count of 5."
3. **Say:** "Let's repeat that, slowly," (repeat as many times as desired).
4. **Say:** "Breath control in a 1-minute meditation is quite beneficial because it immediately creates a calmer state of mind."
5. **Ask:** "How can slow breathing be helpful when you need to calm down?"

Huddle Content

Spiritual wellness involves seeking purpose and meaning in one's life. Here are three more tips to help you thrive spiritually:

1. Focus on the Moorings Park Mission & Core Values.
2. Try One Minute Meditation [here](#).
3. Value time alone and especially time in nature.

Culture Connection

- ✓ Our Creed says that "Successful aging is self-worth, meaningful relationships, spiritual growth, and a sense of wholeness."
- ✓ What steps can you take to improve your spirituality?

Announcements

Place your organization and department announcements here.

Quote

"Just as a candle cannot burn without fire, man cannot live without a spiritual life." – Buddha



This QR code will take you to the Partner Huddle Resource Page to get more information and resources on this Huddle as well as all other Huddles.

