



Why spiritual wellbeing matters in the workplace

The Quick-Start Guide to prioritizing spiritual wellbeing for your team





Here's why you should boost spiritual wellness in the workplace

Spiritual wellness is key to living a balanced, meaningful life—it goes beyond day-to-day tasks, tapping into what truly drives us.

When workplaces recognize and support the diverse beliefs of their teams, they create an environment where everyone can connect with their deeper sense of purpose. This connection fosters inner calm, boosts job satisfaction, and helps reduce stress.

By prioritizing spiritual wellness, you're not just enhancing individual wellbeing—you're creating a more productive work environment.

Meditation has been shown to improve mental wellbeing in various areas such as **reducing by up to 60%, improving anxiety by 60%, and increasing worker productivity by 120%.**

– Sleep Sources, 2022

Reflective questions for employees:

- Does my role give me a sense of purpose?
- How does my job allow me to live out my personal values?
- What kind of impact is my work having on others or the community?
- How am I contributing to my company's mission and goals?
- What hobbies or interests outside of work help me stay balanced?

How to Support Spiritual Wellbeing at Work

Step 1: Create Quiet Spaces for Reflection

Give your team a place to hit pause. Whether it's for personal prayer, meditation, or just some peaceful reflection, set up a quiet room where they can escape the hustle for a moment of calm. It's a simple way to help everyone recharge during the day.

Step 2: Make Mindfulness a Daily Habit

Encourage your team to take a breather! Offer guided meditation sessions—either in person or over Zoom—or share mindfulness apps like [Healthy Minds Program](#).

Step 3: Encourage Employee Clubs and Groups

Help employees find their crew! From book clubs to hiking groups, or even a shared interest in arts and crafts, these groups are great for building connections and adding some fun to the workday. Plus, it reminds people that finding fulfillment outside of work is just as important for overall wellbeing.

Step 4: Offer employees ongoing access to [OpenSesame online training](#) focused on spiritual wellbeing

The ability to explore at their own pace is helpful for employees who are curious to learn more about spiritual wellbeing.

Step 5: Get Involved in Community Service

Nothing feels better than giving back. Organize volunteer days or offer paid time off for employees to pursue their personal volunteering passions.

Step 6: Host Charity Events That Matter

Rally the team around a cause everyone cares about! Choose a charity that aligns with your company's values and really speaks to your employees. This will not only create a sense of purpose it bring everyone together for a good cause.

Step 7: Share Your Company's "Why"

When people understand the bigger picture, they feel more connected to their work. Make sure your company's mission, vision, and purpose are crystal clear, and let employees know how their roles contribute to achieving these goals. Share stories of how your company is making a real difference—it's inspiring and reminds everyone why their work matters.

Questions for L&D Leaders

- ▶ Are employees aligned with their role's purpose and how it connects to the overall mission of the organization?
- ▶ How do teams contribute efforts to reflect the mission, vision, and values of your organization?
- ▶ Are there any opportunities offered in the workplace to help employees connect with personal interests or hobbies?

Mindfulness and meditation matters



Approximately **275 million people meditate** worldwide.

— [Mindfulness Box](#)



Practicing meditation for only four days can **increase your attention span.**

— [National Library of Medicine](#)



There is an 87% risk reduction of hospitalization for coronary heart disease for regular meditators.

— [The Good Body](#)

What is a Vision Board and how do I use it as a tool?

A vision board can be a powerful tool for connecting with one's spiritual wellbeing by offering a visual and intentional space for reflection, personal growth, and alignment with one's values and purpose. Here's how it can support spiritual wellbeing:

- **Clarifies intentions and purpose:** Choosing images and words that resonate helps individuals focus on what they value, bringing a sense of purpose to each day.
- **Encourages reflection and mindfulness:** Crafting a vision board invites mindfulness and gives space for meaningful reflection and self-connection.
- **Fosters positive energy and motivation:** Serving as a daily reminder of personal goals, a vision board boosts hope, gratitude, and resilience.
- **Aligns with inner values:** Thoughtfully curated boards reflect deeper aspirations, creating a feeling of alignment and integrity.
- **Supports visualization and manifestation:** Vision boards reinforce the power of visualization, keeping individuals connected to their dreams and personal path.

Vision boards are a simple way for employees to connect with their spiritual wellbeing, reinforcing purpose and mindfulness every day.

Get Started

[\[Download the Vision Board Template\]](#)

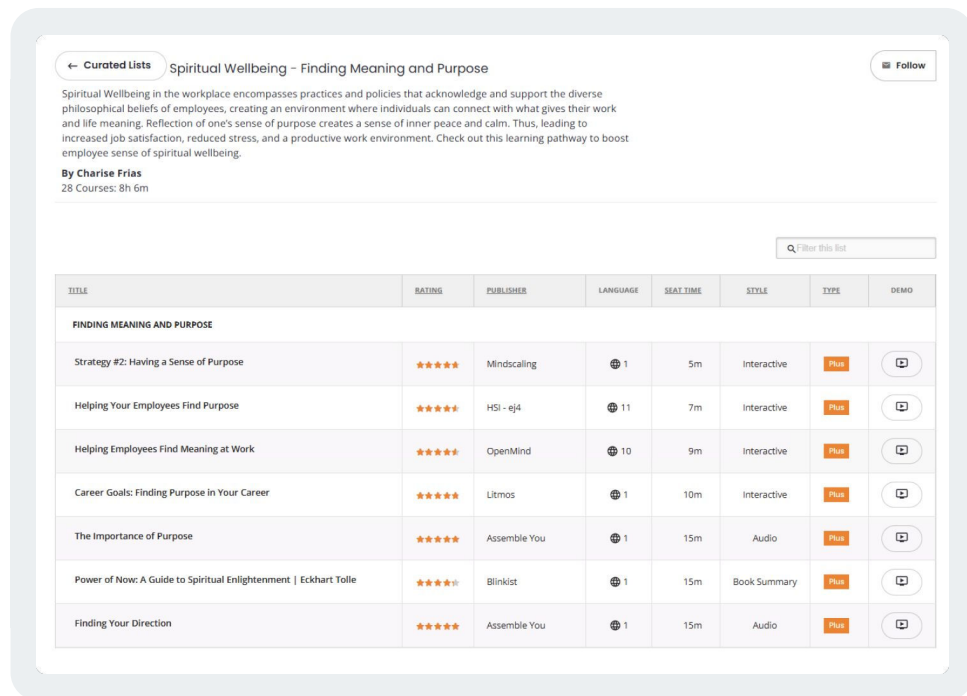
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We're here for you! Reach out to your Customer Success Manager today

Here's our curated list of 28 OpenSesame Select courses to support your team

Spiritual Well-being—Finding Meaning and Purpose



← Curated Lists Spiritual Wellbeing - Finding Meaning and Purpose Follow

Spiritual Wellbeing in the workplace encompasses practices and policies that acknowledge and support the diverse philosophical beliefs of employees, creating an environment where individuals can connect with what gives their work and life meaning. Reflection of one's sense of purpose creates a sense of inner peace and calm. Thus, leading to increased job satisfaction, reduced stress, and a productive work environment. Check out this learning pathway to boost employee sense of spiritual wellbeing.

By Charise Frias
28 Courses: 8h 6m

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TITLE	RATING	PUBLISHER	LANGUAGE	SEAT TIME	STYLE	TYPE	DEMO
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Strategy #2: Having a Sense of Purpose	★★★★★	Mindscaling	🌐 1	5m	Interactive	Plus	📺
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Helping Employees Find Meaning at Work	★★★★★	OpenMind	🌐 10	9m	Interactive	Plus	📺
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