

## Helping your student's overall wellness through expressing their spirituality

Spiritual health is very important to your student's overall wellness. Team Wellness of the USF Division of Student Affairs explains how spirituality is just one part of what is called the "Wellness Wheel." Just as a student needs physical, social, intellectual, occupational and emotional health, so do they need spiritual health? Without this aspect in a student's life there is an imbalance. When a student pays attention to spirituality he or she will see many benefits in life, including<sup>1</sup>:



- A sense of happiness/peace
- An ability to cope with stress
- Increase in academic performance
- More connection with others
- Having satisfaction with college
- More actively engaged in your spiritual quest
- Being more caring

Your student's spirituality can be expressed in many ways. Here at USF we feel that one of the best ways to express that spirituality would be by getting involved with a Religious and Spiritual Life organization.

USF Religious and Spiritual Life has *Faith Communities* that provide access to programs, services, and activities that encourage a campus atmosphere of healthy religious and spiritual expression.

Benefits of being a part of a Faith Community:

- **Community:** Generally, the number one issue on a college campus is depression. Many studies have linked collegiate depression with a student's loneliness. The best way to combat this is for a student to become part of a community that is available to help when needed, to provide

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<sup>1</sup> <http://www.spirituality.ucla.edu/>

events to meet others, to find ways to engage the campus through intramural teams and to create lifelong friendships.

- **College Experience:** Being involved with a Faith Community allows your student to have a full and satisfying college experience. When a student has a community they create lasting relationships that enhance the college experience through road trips, team building, community service, gatherings and more.
- **Leadership Experience:** Most Faith Communities have leadership teams, comprised of students for the purpose of developing leadership experience. Students help to plan events, publicize them on campus, and facilitate community within the group. The skills learned allow your student's resume to be robust in the area of leadership development.
- **Spiritual Growth:** Your student will grow in spiritual knowledge and experience while involved with a faith community. Your student can develop his/her spirituality through a variety of programs, small groups, services, trips, retreats and studies throughout the semester.

Ways to coach your student towards exploring their spirituality:

- Find a Religious and Spiritual Life organization that might interest your student at <http://rsl.usf.edu>
- Go to Sycamore Drive on the East side of campus (take Shuttle A) and look at some Faith Communities housed there. Go inside and meet the director or any students available.
- Attend a retreat or community service trip that a Faith Community offers.
- Find an event that a Faith Community is hosting on campus and meet people who already are a part of that organization.
- Join a small group that is meeting in a Residence Hall.
- Attend a weekly meeting that a Faith Community offers. There are a variety of these offered almost every day of the week. (Do not be limited by the name, as Faith Communities welcome everyone regardless of beliefs or denomination) <http://rsl.usf.edu/page.asp?id=82>

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