



Student Wellness Centre

student.wellness@usask.ca

wellness.usask.ca



UNIVERSITY OF
SASKATCHEWAN

Spiritual Wellness

Spirituality is unique to each individual. Your “spirit” usually refers to the deepest part of you, the part that lets you make meaning of your world.

Your spirit provides you with the revealing sense of who you are, why you are here and what your purpose for living is. It is that innermost part of you that allows you to gain strength and hope.

Spiritual wellness may not be something that you think much of, yet its impact on your life is unavoidable. The basis of spirituality is discovering a sense of meaningfulness in your life and coming to know that you have a purpose to fulfill.

For some, spirituality may be equated with traditional religions such as Christianity, Hinduism or Buddhism. For others, it may mean growing in your personal relationships with others, or through being at peace with nature.

Assessing your Spiritual Wellness

Where are you at in your spiritual life? Take a moment to reflect...do you feel a sense of worth, hope, purpose, commitment or peace? Do you have a positive outlook on life? Or do you experience feelings of emptiness, anxiety, hopelessness, apathy or conflict? These may be signs of spiritual poverty in your life and may be the reason for unhappiness or dissatisfaction.

Meet the Usask Faith Leaders

The Faith Leaders at USask are a Multi-faith religious resource for all students, staff, and faculty. Please contact any of them for support.

Aboriginal Students'

Centre: 306-966-5790

Ecumenical Chaplain: George Hind
306-380-2158

Baptist: Lou Leventhal

306-370-4155

Hindu: Nawal Sharma

nsharmask@yahoo.com

Jewish: Rabbi Claudio Jodorovsky
306-343-7023

Lutheran: Pastor George Hind
306-380-2158

Mennonite:

Pastor Josh Wallace
306-381-7260

Muslim (Sunni): Fatima Coovadia
fatimausask@gmail.com

Muslim(Ahmadiyya): Aziz Ahmad
canada.aziz@gmail.com

Roman Catholic:

Michael MacLean
306-966 8931
Celeste Woloschuk
306 966-8950

**Redeemed Christian Church of
God:**

Jide Oyetuga
306-261-3202

Sikh: Jaswant Singh
306-966-7410

Ukrainian Catholic:

Fr. André Lalach
306-280-2941

Usask Faith Leader Council

The University of Saskatchewan has a longstanding history of collaboration with faith representatives who have contributed to a campus culture of respect, inclusion, and pluralism.

The growing diversity of religious and spiritual backgrounds and beliefs of the University community presents an opportunity to build robust connections with communities of faith, interfaith understanding, and co-operation.

Faith Leaders are advocates for such conversations, and provide spiritual guidance, support to the University community, advice regarding religious issues, and educational and cultural events.

Some Faith Leaders provide one-on-one spiritual counsel and all represent links to their wider faith communities.

Search Usask Faith Leaders or stop by Usask Community Centre (Marquis 104) to learn more about when you can meet with a Faith Leader on campus.

Spirituality and Wellness

Many wellness behaviours can benefit your spiritual health. Such behaviours include feeling connected with others, feeling part of a community, volunteering, having an optimistic attitude, contributing to society and self-love/care.

Here are some ways to help improve your spiritual health:

- Be quiet. Take time for yourself every day, even if it's just before you go to sleep, or when you're driving home.
- Be open. Spiritual experiences can happen anywhere at any time.
- Practice being non-judgmental and having an open mind.
- Be receptive to pain or times of sorrow. It is often in these times when we discover how spirituality can help us cope.
- Practice forgiveness.
- Pray, meditate or worship.
- Live joyfully.
- Allow yourself to believe in things that aren't easily explainable.



Additional Resources

facebook.com/faithleadersusask

Peer Health Usask:

peer.health@usask.ca

Booking MUB 118 – student faith room

Need a space for group prayer, study, or just getting together as a student faith group to share a meal? Contact

rita.hanoski@usask.ca to book

wellness.usask.ca

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