LIVING WELL

# POLICY

In order to maintain healthy living in the midst of active or retired service, Sisters will engage in physical, emotional, and spiritual practices that enhance personal growth and promote balance in living while mindful of the common good.

**PROCEDURES**

1. Sisters are encouraged to stay informed regarding matters of health and wellness.

2. Sisters are encouraged to have annual physical and gynecological examinations,

mammograms as recommended for their ages, and regular eye and dental examinations.

3. Sisters are encouraged to avail themselves of screening and diagnostic testing

(i.e. blood pressure, bone density, cholesterol, etc.) in order to maintain well-being.

4. Sisters will participate in providing health and wellness information needed to

maintain a current assessment by the department of Health Resources.

5. To maximize energy and resistance to illness, Sisters are encouraged to eat

nutritionally, to exercise regularly, and to refrain from the misuse of any substance that can be addictive.

6. Sisters are encouraged to maintain a healthy balance with regard to reflection,

relaxation, ministry, educational/professional development, leisure, and fun.

7. Sisters are encouraged to plan meaningful vacations that provide the opportunity to

enjoy family, friends, nature, and time away from daily routine.

8. Sisters are encouraged to engage in meaningful relationships (i.e. family, friends,

children, animals), and to participate in stimulating and enriching activities (i.e. the

arts, travel, hobbies).

9. In recognition that life-long learning is related to on-going healthy living, Sisters are

encouraged to participate in formal and informal enrichment classes or workshops.

10. Each Sister will avail herself of prayer, spiritual practices, spiritual direction and an

annual retreat.

1. Sisters are encouraged to appropriately attend to their own personal psychological, emotional, and interpersonal issues through such means as counseling, therapy, and support groups as needed.