

## Feeling Better Through Spiritual Awareness

Broadly speaking, spirituality is the meaning that people seek to derive from their connection with a higher power. While formal religion undoubtedly provides a sense of spirituality, many people seek to bring spirituality into their lives outside their religion.

Research shows that becoming more spiritual may be particularly helpful for people with emotional problems, helping them deal with a variety of life's challenges. This makes sense because spirituality emphasizes the importance of positive outlook, reflection on one's goals and emotions, and seeking inner strength and peace in the context of living a more harmonious life.

This worksheet is designed to help you identify spiritual practices that might be helpful to you and plan to include your day-to-day life. Although you may feel better from therapy's help, you're given the chance to explore how it is worth trying to bring spirituality into your life in a long-term, committed and gradual manner. The most important changes to your emotional well-being are there.

Write at the end of each spiritual practice below whether or not you think you should be doing it. If you think you should be doing it, write the practice's name in the space provided. If you think you should not be doing it, write the practice's name in the space provided.

\_\_\_\_\_ Spending time appreciating nature (e.g. taking a walk in the woods with the family)

\_\_\_\_\_ Meditation

\_\_\_\_\_ Prayer

\_\_\_\_\_ Community service

\_\_\_\_\_ Keeping a journal

\_\_\_\_\_ Reading books about spirituality

\_\_\_\_\_ Yoga

Other spiritual practices:

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