

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 most 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, consistent 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 box next to it. If you think you should not be doing it, write the practice's name in the box next to it.

_____ 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:
