

## 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 sessions you're part of the program, it is worthwhile to bring spirituality into your life in a long-term, consistent and practical manner. Engage in your spiritual practices to your emotional well-being and then.

Write at the start of each spiritual practice below and check off the ones you think would be most helpful. Then answer the questions below about the practices you've checked to help you determine what or how of the practices, and other practices you might like to try.

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

\_\_\_\_\_ Meditation

\_\_\_\_\_ Yoga

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

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

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

\_\_\_\_\_ Prayer

Other spiritual practices:

---

---

---

---

---