



Using Spiritual Wellness to Strengthen Relationships



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will recognize the health benefits of engaging in activities that promote their spiritual wellness. *Note: This tool is intended to build on what clients define as spirituality; it is not intended to push specific spiritual activities on clients.*

Audience: This tool may be helpful for clients who feel they have little control over their life and may require assistance in identifying activities that can facilitate calmness through spiritual connections

Estimated Time: 10-15 minutes

Educator Instructions: After reviewing the material and tool instructions, have clients share some ways they practice spirituality. If clients engage in a variety of spiritual activities each day, then ask them to share these activities. Also, encourage clients to describe why they engage in particular spiritual activities and what meaning those activities have for them. If clients do not report engaging in any spiritual activities, review the examples shared in this tool as a starting point for clients to consider. The goal should be to help clients understand how spirituality can help give meaning in their lives and improve relationships.

Discussion Starter: Do you consider yourself a spiritual person? Well did you know that people who consider themselves to be spiritual are more likely to be healthy than those who do not? Because spirituality is so important, we can take better care of ourselves by figuring out ways that we can engage in activities that promote spiritual wellness. The tool I have here offers information about spirituality and personal well-being. Ultimately, the goal of this tool is to help you see how spirituality, in whatever way you define it, can help you feel better.

Follow-up: During your next visit, discuss how much they have used this tool (e.g., just once, or several times). Talk about whether they noticed any patterns in their responses (we expect them to notice that when they perform spiritual activities, they may be happier). If they did notice the intended pattern, talk about why they reported being happier on days in which they engaged in spiritual activities. If clients did not notice any pattern, you could discuss with them why they did not see any positive results.





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You know that you need to eat healthy and exercise to maintain your health, but did you know that spiritual wellness is also an important aspect of overall health? People who are more spiritual are often happier, have better mental health, and have more social support. Spirituality can be practiced in a number of ways, such as some of the examples below. It is not as important that you do one specific activity or many of them. Instead, do things that you value and that help provide calmness and meaning in your life.

What do you do to promote spiritual wellness? Listed below are some things people do to promote their spiritual wellness. Check the activities you currently do or would like to do more of. Why are these things important to you?

- Attend a place of worship
- Read your religious book(s)
- Read a relaxing or inspiring book
- Pray
- Sit quietly and breathe
- Listen to soothing music
- Think positively of others
- Serve others in need
- Talk to others about your beliefs
- Walk in or watch nature
- Take time to notice new things around you

Other: _____

How do (or could) these activities make you feel? During the next week, make note of what you do each day to promote your spiritual wellness. How happy did you feel at the end of each day?

	What spiritual activities did you do today?	How happy were you today?		
		Sad	Kind of Happy	Very Happy
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Look for and celebrate sources of meaning to strengthen your relationship.