

Spiritual Wellbeing



1. Spirituality means: different things for different people.

Spirituality is a concept that can include religious and cultural beliefs but for people who are not affiliated with a religion, it refers to getting in touch with one's own spirituality. This can be done through means such as nature, meditation, and/or quiet reflection



2. Spiritual wellbeing is linked to:

- Reduced depression, anxiety, and stress
- Improved ability to cope with pain
- Enhanced coping with chronic illness

3. Spiritual needs:

We all have spiritual needs. These include the need for:

- Meaning and purpose
- Forgiveness and being forgiven
- Love and being loved
- Hope
- Belief in something external or internal
- Making sense of suffering and death



4. Maintain spiritual wellbeing by:

- Having good relationships with others
- Being forgiving when we are hurt and forgiving others when they hurt us
- Seeing a positive side in difficult circumstances
- Being grateful
- Reading and watching things that are uplifting
- Taking time to go into nature, feeling the sun and breathing in fresh air
- If religious, then engaging in prayer, reading religious resources and attending services

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