What Is Spirituality?

• A person’s connection to self, significant others, and the community at large
• A personal belief system or value system that gives meaning and purpose to life
• May include a belief in and reverence for a higher power, which may be expressed through an organized religion
• Provides a feeling of participation and sense of unity with nature and the universe
A Personal Value System

- A **value system** consists of a set of guidelines for how you want to live your life
- **Values** are criteria for judging what is good or bad and underlie moral principles and behavior
- A value system provides structure for decision making that allows flexibility and the possibility of change
Happiness and Life Satisfaction

- Happiness involves three components:
  - Positive emotion and pleasure (savoring sensory experiences)
  - Engagement (depth of involvement with family, work, romance, and hobbies)
  - Meaning (using personal strengths to serve some larger end)
- Content – satisfied with what one is or has
- Pg. 73 – 8 Steps…
Steps to a More Satisfying Life (p. 73)

1. Count your blessings
2. Practice kindness
3. Savor life’s joys
4. Thank a mentor
5. Learn to forgive
6. Invest time and energy in friends and family
7. Take care of your body
8. Develop strategies to cope with stress and hardship
Health Benefits of Spirituality

Possible Physical Benefits

Mental Benefits
• More forgiving
• Lower levels of anxiety and stress
• High levels of health-related quality of life
Enhancing Your Spirituality: Looking Inward

- Learn to meditate
- Practice mindfulness
- Record thoughts and feelings in journal
- Experience a retreat
- Experience and enjoy the arts
- Live your values
Enhancing Your Spirituality: Looking Outward

- Spirituality can involve participation or connectedness to the community

- People connect to their communities through:
  - Service learning
  - Volunteering
  - Social activism within the global community
  - Reconnecting with nature and the environment