

# Feeling Better Through Spiritual Awareness

Broadly speaking, spirituality is the meaning that people seek in their lives through connection with a higher power. While formal religion can certainly provide a sense of spirituality, many people seek to bring spirituality into their lives outside their religion.

Research tells us 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 a positive outlook, reflection on one's goals and purpose, and seeking inner strength and peace in the context of living a value-based life.

This worksheet is designed to help you identify spiritual practices to help you through difficult times and also to enrich your day-to-day life. Although you may feel better from the very first time you try one of these practices, it is worth noting that bringing spirituality into your life is a long-term commitment and you will see the most important changes to your emotional well-being over time.

Look at the list of spiritual practices below and check off the ones you think would be most helpful. Then answer the questions for each of the practices you have checked to help you commit to one or more of these practices. Add other practices you would like to try.

Spending time appreciating nature (e.g. taking a walk in the woods or by the beach)

Meditation

Prayer

Community Service

Keeping a journal

Reading books about spirituality

Yoga

Other spiritual practices:

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**Spiritual Practice #1** \_\_\_\_\_

Specifically how would you do this?

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Write down the names of people you know who have a similar interest in this practice.

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Write down any times in the past you have found this practice helpful.

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Write down things that might get in the way of doing this practice on a regular basis.

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**Spiritual Practice #2** \_\_\_\_\_

Specifically how would you do this?

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Write down the names of people you know who have a similar interest in this practice.

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Write down any times in the past you have found this practice helpful.

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Write down things that might get in the way of doing this practice on a regular basis.

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**Spiritual Practice #3** \_\_\_\_\_

Specifically how would you do this?

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Write down the names of people you know who have a similar interest in this practice.

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Write down any times in the past you have found this practice helpful.

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Write down things that might get in the way of doing this practice on a regular basis.

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**Spiritual Practice #4** \_\_\_\_\_

Specifically how would you do this?

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Write down the names of people you know who have a similar interest in this practice.

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Write down any times in the past you have found this practice helpful.

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Write down things that might get in the way of doing this practice on a regular basis.

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