

## Spirituality: It's All About What Matters to You the Most!

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## Learning Objectives

1. Participants will understand the benefits of spirituality in overall health and wellbeing
2. Participants will identify one or more goals for their personal recovery, utilizing their own personal definition of spirituality
3. Participants will understand spirituality in terms of (a) meaning and purpose (b) values and principles (c) sense of community (d) spiritual practices

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## Spiritual Practices

- Many people use the spiritual practices of their choice to help themselves stay well, and to help themselves feel better when they are not feeling well.
- Spiritual and religious practices are very personal. It is important that you make your own choices around these issues.
- (Copeland, M.E., "Mental Health Recovery including WRAP Curriculum: Facilitator Training Manual," 2001)

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## Benefits of Spirituality

- Spirituality has been found to improve both health and mental health
- Goal achievement between people who participated in a spirituality group and those who did not:
  - Type of goals = Vocational, Socialization, Wellness
  - 100% in the spirituality group achieved their goals
  - 57% not in the spirituality group achieved their goals

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## Benefits of Spirituality

- Consumers of mental health services have consistently indicated that religion and spirituality can serve as major resources in recovery
- Individuals who reported a greater reliance on spiritual coping were shown to have fewer hospitalizations

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## Understanding Spirituality: Characteristics of Religion vs. Spirituality

- Religion
  - Organized
  - Communal
  - Ritualistic
- Spirituality
  - Informal
  - Personal
  - Continuous

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## Personal Spirituality

- What matters to you the most?
- What keeps you going?

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## Understanding Spirituality: Meaning and Purpose

- *“What Matters to You the Most?”*  
Having meaning and purpose in one’s life supports wellness and recovery.
- *“What Keeps You Going?”*  
Meaning and purpose are what help us to “hold on” when all else seems hopeless and lost.

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## Personal Spirituality

- What values do you live by?
- What personal guidelines for conduct do you follow?

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### Understanding Spirituality: Values and Principles

- The basis of important values and principles
- Guidelines for personal conduct
  - Humility
  - Love
  - Respect for creation
  - Self-respect
  - Forgiveness

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### Personal Spirituality

- Where can you go to express your spirituality?
- How does that place or group help you?

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### Understanding Spirituality: Sense of Community

- Becoming involved with a group of people “of like mind” enriches our life
  - Church
  - Faith community
  - Study group
  - 12 Step program
  - Spiritual support group

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## Personal Spirituality

- What spiritual practices do you use?
- How do these practices help you achieve a sense of inner peace?

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## Understanding Spirituality: Spiritual Practices

- Spiritual practices are effective coping mechanisms that promote wellness and recovery
- Spiritual practices are a source of comfort and healing
  - Reading from The Book of Psalms
  - Spending time in nature
  - Writing original prayers
  - Reading personal narratives of others
  - Journaling

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## My Journey of Spirituality

- Meaning and purpose
- Values and principles
- Sense of community
- Spiritual practices

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## References

- Copeland, M.E., "Mental Health Recovery including WRAP Curriculum: Facilitator Training Manual," (2001)
- Ridgway, P., McDiarmid, D., et al. "Pathways to Recovery: A Strengths Recovery Self-Help Workbook," (2002)

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## Thank You!

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