



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



SELF

We Can Get Stronger! Transcendence and Spirituality

Spirituality can provide a sense of meaning, purpose, and emotional connection to something beyond ourselves. Believing in a higher power or participating in emotional connections beyond ourselves can increase one's sense of purpose and change how everyday events are seen. All of us have experienced moments of focusing on something beyond oneself at some point in our lives. For some, these experiences happen after spending time getting lost in reading a book or listening to music. For others, it was a moment of becoming lost in prayer or meditation while feeling a deep sense of connection with something beyond oneself. Spirituality can be experienced in many ways. Below are some ideas on activities that can be spiritual catalysts for individuals and families.

Spiritual Self-Care Checklist

Spiritual beliefs and practices play a significant role in resilience by offering meaning, support, and comfort in the face of adversity, especially in situations beyond comprehension, clarity, or control. Think create a list of activities you already do to fulfill your spiritual self-care (go for walks, play with your pet, volunteer, pray), next create a list of the activities you want to do (mediate, dance, listen to music). Refer to the list over the next few weeks and try to incorporate an activity from the list of want to do items and revisit the list as often as needed.

Connect with Nature

Take time to connect with nature in an intentional way. This could be by yourself or a hike with your family. The rhythm of walking and/or running can encourage thoughts and provide an opportunity for you connect with the world beyond yourself. The whole family can benefit from time in nature, even a short leisurely walk can lower the heartrate and blood pressure and can reduce stress and anxiety. When you are by yourself, take note of your surroundings and notice the details around you. What do you see, hear, smell, and feel in the space you are in? Connecting with nature can provide individuals with a space to connect spiritually and find comfort in the face of adversity.

Write a Family Mission Statement

Families forge new meaning and growth out of adversity. Resilient families believe that their trials have made them more than what they might have been otherwise. Each family has a set of values and beliefs that are important and meaningful to them. It is important that you and your family identify questions important in helping you to craft your mission statement, and reflect on how you and your family live, laugh, love, learn, and relate. Here are some example questions to get you started: What are our family's values? What is important to us? What impact do we want to have on others?

Nature activity adapted from [Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary BioMarkers](#)