

## Take time and ask yourself...

What does spirituality mean to me?

Who am I?

What helps me  
feel connected?

What gives my  
life meaning?



For more information about  
Spiritual Care Services, go to:  
[www.albertahealthservices.ca/  
services/page13213.aspx](http://www.albertahealthservices.ca/services/page13213.aspx)



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## Spiritual Practices to Support Your Resilience, Well-being, and Coping in a Disaster or Emergency



**Alberta Health  
Services**  
Provincial Addiction  
and Mental Health

## Spirituality, Religion, and Spiritual Practices

Spirituality may be understood as the experience of the *relationship* we have with ourselves, others, and who or what we view as greater or ultimate. It's expressed through our beliefs, values, traditions, and practices which gives us a sense of meaning and purpose.

Religion is the shared beliefs, values, traditions, ethics, and practices of a specific community and how it's organized.

Both spirituality and religion have practices that can help us develop self-awareness, build resilience, and improve our overall well-being.

**Spiritual well-being may be understood as the experience and meaning of the connection we have with ourselves, others, and who or what we view as greater or ultimate. Spiritual distress is the loss of this meaning and connection.**

## Resilience

Resilience is our ability to bounce back from setbacks, cope well with life's challenges, and adapt to change in healthy ways. Resilience is not something we have or don't have, it's something we work to build throughout life.

Spiritual resilience is our ability to maintain a sense of self and purpose through a set of beliefs, principles, or values. Spiritual resilience can help us find our way through and cope with experiences of spiritual distress.

Taking steps to look after our physical, mental, and spiritual well-being can help us build resilience, manage pressure, and reduce stress.

## Using Spiritual Practices to Cope

During tough times, such as a disaster or emergency, spiritual practices can help us make sense of our world and can help us understand our need for self-care and self-expression. They can strengthen our relationships, improve social connections, and help us cope with change or loss. Here are a few examples of spiritual practices:

**Self-Compassion** is a practice to help us be kind, caring, and understanding to ourselves when we're having a hard time.

**Gratitude** is a practice that can help us to focus on what we have, rather than what we don't have.

**Lament** is a spiritual way to process suffering through expressing grief or loss, desire, trust, and gratitude.

**Breath Meditation** is an awareness practice that helps to bring us back to the present moment.

**Contemplative Reading** is a spiritual practice that opens us up to deeper connection and meaning or wisdom through reading short pieces of sacred or inspirational writing.

**Finding the Feeling** is a spiritual practice that helps us to recognize, experience, and understand our emotions.

**Labyrinth Walking** is a spiritual practice that helps us to be in the present moment through walking a single winding path with one entrance that leads to a centre and back out.

**Mantras** are a spiritual practice in which a sacred word or sentence is repeated over and over. It's a form of meditation that can support spiritual wellness and coping.

**Taking and Sending** is a spiritual practice that helps us see and acknowledge painful situations while creating meaningful connections with others.