



Spirituality:

a powerful resource in the wellness and recovery of most people

Reading an inspiring spiritual text, spending time in nature, enjoying the company of a loved one, going to a place of worship, petting an animal, stretching your body, meditating, praying, dancing, singing, drawing or writing in a journal are some activities which might help you connect with hope, meaning and joy, even when things get difficult.



*Consumer-led effort from the San Mateo County
Behavioral Health & Recovery Services (BHRS) Spirituality Initiative.*
For more information about the Spirituality Initiative, visit
www.smchealth.org/spirituality or call Jairo Wilches at 650.573.2890



This chart will help you think about your spirituality. Complete it and, if you want, talk about it with friends, relatives, providers, spiritual leaders and others who contribute to your wellness and recovery.

| How easy is it for me to: | Not easy → → → Easier | Am I fulfilled in this area? |
|---------------------------------------|-----------------------|------------------------------|
| Experience hope | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Experience gratitude | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Find meaning in life | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Experience feelings of love and care | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Accept love and care | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Forgive others and myself | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Feel that I belong | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Feel good and think well about myself | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Be of service to others/community | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Reach out when feeling sad/hurting | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Be part of a spiritual community | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Have goals, dreams and aspirations | 1 2 3 4 5 6 7 8 9 10 | Yes / No |
| Experience a Higher Power | 1 2 3 4 5 6 7 8 9 10 | Yes / No |