



SPIRITUAL HEALTH **TOOL KIT** 2023



UM

Spiritual Care and
Multi-Faith Centre

Take a moment to consider the journey you are on. University is a period in life filled with endless destinations and exploration. The future can be an exhilarating road to travel on – meaningful careers, life-long relationships, and personal discovery are but a few of the prospects along the path. The choices are many, freeing but also, at times, overwhelming.

What happens when the road becomes hard to travel on or leads to a sudden “dead-end”? What do you do when your aspirations, expectations and goals no longer make sense? How do you deal with unexpected change, losses, and fears along the way? Such questions and concerns are all too common, affecting students of all walks of life.

At times such as these, it can be helpful to think of our lives as journeys, not simply destinations. If we apply the metaphor to ourselves, we discover that as human beings we are not so much a finished product, but rather a stream of becoming. The path is seldom linear or progressively sequential, it is often winding with many detours along the way. This perspective offers us an opportunity to develop greater patience and compassion for ourselves, for we know we are in process. Spirituality and spiritual practices can be helpful in reminding and enabling us to develop habits and the capacity to confront and accept these realities.

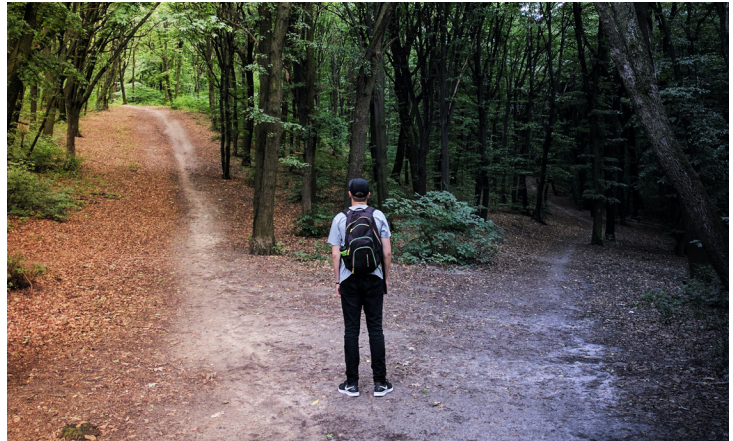


Photo by Vladislav Babienko on Unsplash

In this toolkit you will find resources, suggestions and prompts to help acquaint, remind, and encourage you to cultivate spiritual well-being, whether your road is bumpy or smooth. As Spiritual Care providers, we are on hand to connect and explore with you what tools and practices might be helpful for you. Feel free to reach out. We'd love to walk alongside you!

Questions, concerns, curious? Reach us at:

Spiritual Care and Multi-Faith Centre

Student Support

University of Manitoba

528 UMSU University Centre

Telephone: 204-474-8721

E-mail: spiritualcare@umanitoba.ca

Defining spirituality, spiritual health, and well-being

General Definition

Providing a comprehensive and exhaustive definition on the nature of “spirituality” is no easy task! It is complicated by the fact that there is no singular agreed-upon definition, but many. The American physician and educator, Christina Puchalski, MD, has developed a definition that conveys the fundamentals found in most forms of spiritualities. She envisions these as,

“... A dynamic and intrinsic aspect of humanity through which [people] seek ultimate meaning, purpose and transcendence, and experience relationship to self, family, others, community, society, nature and the significant or sacred. Spirituality is expressed through beliefs, values, traditions and practices.”

5 common spiritual longings

Spirituality, while common to all people, is uniquely understood and practised. It can be experienced through religious traditions and rituals, expressed through creeds and doctrines, and embodied in community. Alternatively, its experience can be more personal and individualised. Regardless of the approach to spirituality, we can narrow down common characteristics or yearnings that make up the diversity of spiritual expression.



Photo by Romain Vignes

These include:

- 1) The longing to live a meaningful and purposeful life
- 2) The longing to enjoy a sense of connection
- 3) The longing to live with trust and hope in an uncertain universe
- 4) The longing to experience a sense of belonging to something greater than self – the transcendent
- 5) The longing to live an authentic life

Human make-up and spirituality

The diagram shows how spirituality is interconnected to all components of human well-being. It is based on the insights of Hildegard Peplau, American nurse known and regarded as “the mother of psychiatric nursing.”¹

¹ John Swinton, *Spirituality and Mental Health Care: Rediscovering a 'Forgotten' Dimension* (London: Jessica Kingsley Publishers, 2001), 36-37.

The insights highlight:

- Spirit, however defined, permeates, connects, and informs all dimensions of a human being
- Spirituality is the outward manifestation of longings influenced by spirit such as: meaning, value, transcendence, etc.
- While all dimensions can be distinguished, they are best understood by taking the other dimensions into consideration
- Humans thrive in connection with others. Spirituality flourishes when we engage the world around us.

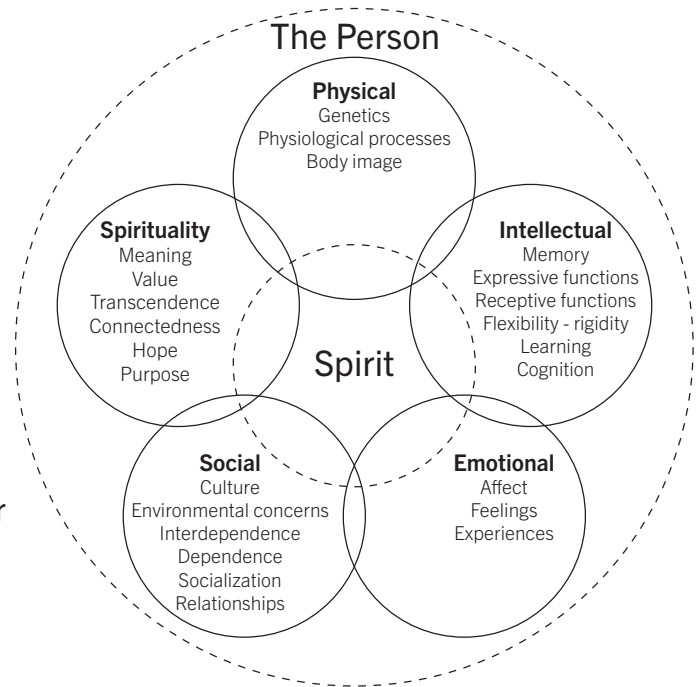


Figure 1.2. The five dimensions of the person
(adapted from Beck, Rawlins and Williams 1988)

Spiritual Well-being and University Life

Learning that develops the whole student



Deddy Yoga Pratama on Unsplash

Human beings are complex. Our well-being depends on paying close attention to all parts and their relationship with each other. Such is the case with education.

Education is not limited to the development of the mind, or the mastering of ideas and skills through the intellect. We learn through all 5 dimensions of human make-up. Consequently, there is a spiritual element present in our academic learning!

The Process of Becoming

We have already touched on the ever-deepening growth process and on-going development we experience as human beings. A formal education is one way we experience maturing and growth, a reminder we never stop learning.

The educator and author, Sharon Daloz Parks, describes university life as a rite of passage, an initiation. She writes, “[education] is the task of initiating young lives into a responsible apprehension first of the realities and questions of a vast and mysterious universe and second of our participation within it.”²



Photo by Suzanne D. Williams on Unsplash

Spiritual health practices

The following resources and links provide ways to cultivate the 5 spiritual longings in your life. They include everyday rituals, rhythms, and restorative practices to develop spiritual wellness, growth, and learning. Feel free to use the introductory questions as ways to consider what each particular longing might look like in your life.

² Sharon Daloz Parks, *Big Questions, Worthy Dreams: Mentoring Young Adults in their Search for Meaning, Purpose, and Faith* (San Francisco: Jossey-Bass, 2000), 10..

Exploring meaning and purpose



Photo by Drew Dizzy Graham

How do I discern what choices to make in my life?

Where do I look for trustworthy advice?

How do I know I am guided by wisdom and not fear?

- **Gratitude Practice - Dwelling in Grateful Joy**
www.spiritualityandpractice.com/practices/features/view/28348/dwelling-in-grateful-joy
- **Kintsugi**
www.theschooloflife.com/thebookoflife/kintsugi
- **Soul Talk: The Myth of the Spiritual Path**
www.huffpost.com/entry/soul-talk_b_1410970
- **Philosophy of Life**
meaningoflife.cherkasova.org
- **Creative Expression Improving the Quality of your Life with Art, Music, Poetry and Humour**
med.stanford.edu/survivingcancer/coping-with-cancer/Creativity.html

Exploring connection



Photo by Drew Dizzy Graham


Am I loved unconditionally?

How do I view someone who is suffering?

Do I respect differences in people without judgement?

- **Coping with Loneliness: Finding your way out of the Dark**
www.psychologytoday.com/ca/blog/light-and-shadow/201506/coping-loneliness-finding-your-way-out-the-dark
- **A Solution for Loneliness: Get out and volunteer, research suggests**
www.scientificamerican.com/article/a-solution-for-loneliness/?utm_source=pocket-newtab
- **Markers of a Healthy Community (PDF File)**
- **UMSU Student Clubs**
umsu.ca/student-clubs-associations/
- **UM Commons/Student Communities**
umanitoba.ca/current-students/first-year/um-commons/student-communities
- **UM Community Engaged Learning**
umanitoba.ca/community-engaged-learning

Recommended Reading

The Great Belonging: How Loneliness Leads Us to each Other - Charlotte Donlon 

Exploring trust and hope



Photo by Faris Mohammed

What keeps me grounded?

How can I deepen my view of life and come to terms with suffering?

What sustains me in times of great distress?

How can I cultivate informed and realistic hope?

- **Center for Loss and Life Transitions**
www.centerforloss.com
- **That Discomfort You're Feeling is Grief**
hbr.org/2020/03/that-discomfort-youre-feeling-is-grief
- **Caring for Self and Others in Times of Trouble: Some Spiritual Tools and Tips**
hds.harvard.edu/community-life/religious-and-spiritual-life/caring-self-others-times-trouble-spiritual-tools-tips
- Mygrief.ca
- **Guide to Grief and Loss (PDF file)**
umanitoba.ca/sites/default/files/2023-05/Guide-to-Grief-and-Loss-Package.pdf

- **Creating Rituals to Move through Grief**

www.goodtherapy.org/blog/creating-rituals-to-move-through-grief/

Recommended Reading

How We Grieve: Relearning the World - Thomas Attig

Commanding Hope: The Power We have to Renew a World in Peril - Thomas Homer-Dixon

100 Things to Do When You are Grieving - Alan Wolfelt

Exploring transcendence

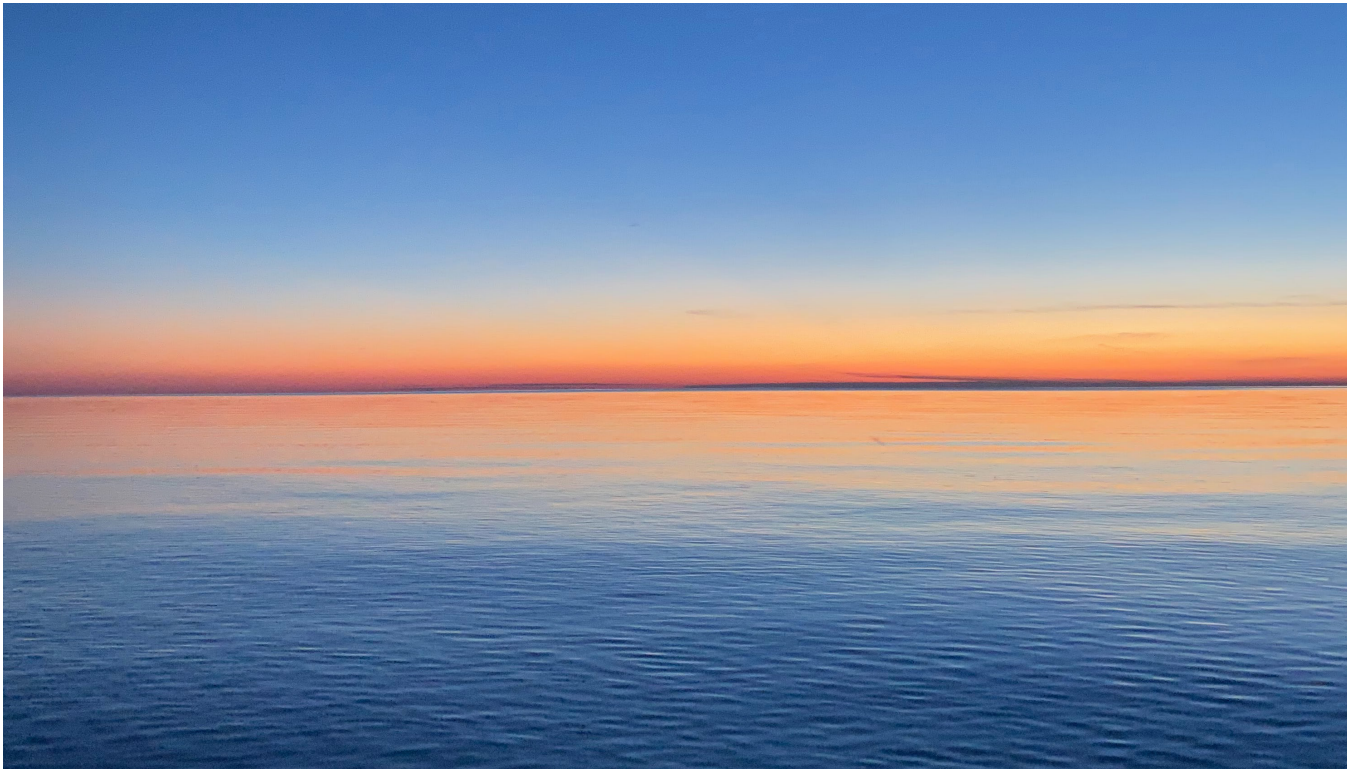


Photo by Hans Isaacson

What fills me with awe and wonder?

What can I look to that draws me away from self-preoccupation?

How can I enjoy and participate in beauty?

- **UM Wisdom Wednesdays**

umanitoba.ca/student-supports/spiritual-services

- **The Pluralism Project**

pluralism.org/

- **Spirituality & Practice: Resources for Spiritual Journeys**

www.spiritualityandpractice.com/

- **The Places We Go to Be Here**
tricycle.org/magazine/sacred-spaces/

Recommended Reading

- **Braiding Sweetgrass** - Robin Wall Kimmerer
- **One Drum: Stories and Ceremonies for a Planet** - Richard Wagamese
- **Anam Cara: A Book of Celtic Wisdom** - John O' Donohue
- **You are Here: Discovering the Magic of the Present Moment** - Thich Nhat Hanh

Exploring authenticity and becoming



Photo by Brett Jordan

What prevents me from living up to my values and ideals?
How do I relate to inconsistencies and contradictions in my life?
How do I respond to my inner-voice?
From where do I draw self-worth?

- **Shadow Work**
scottjeffrey.com/wp-content/uploads/Shadow-Work-Guide.pdf
- **Journaling for Wellness (PDF file)**
umanitoba.ca/sites/default/files/2023-05/Journaling-for-Wellness.pdf

Recommended Reading

- **A Hidden Wholeness: The Journey Toward an Undivided Life, Welcoming the Soul and Weaving Community in a Wounded World** - Parker J. Palmer
- **Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind** - Kristin Neff
- **Falling Upward: A Spirituality for the Two Halves of Life** - Richard Rohr

Spiritual Care Resources

On Campus

Spiritual Care and Multi-faith Centre

umanitoba.ca/student-supports/spiritual-services

Indigenous Elders

umanitoba.ca/indigenous/culture-and-protocol/elder-profiles

Sacred Spaces

- **Migizii Agamik - Circle Room**

umanitoba.ca/indigenous/student-experience

- **Ongomiizwin - Education**

umanitoba.ca/ongomiizwin/education

College Chapels

- **St. John's College - Chapel of St John the Evangelist**

umanitoba.ca/st-johns-college/community-and-giving/chaplaincy-chapel

- **St. Paul's College - Christ the King Chape**

umanitoba.ca/st-pauls-college/campus-ministry

- **St. Andrew's College Chapel**

umanitoba.ca/colleges/st_andrews/impact.html#chapel

- **Muslim Prayer Room**

Engineering building (room E3160)

- **Hillel Winnipeg**

149 UMSU UC

- **Multifaith-Centre**

521A/B UMSU University Centre

Spiritual Wellness Practices

For information on these and other diverse spiritual practices, please connect with Spiritual Care and Multi-Faith Centre.

- Indigenous Sharing Circles and Ceremonies
- Mindfulness Meditation Practices
- Mass, Worship, and Prayer Gatherings
- Jumu'ah Gatherings
- Interfaith Gatherings
- Labyrinth Meditative Walks
- Drum Wellness Circles

UMSU Faith-Based Student Clubs

Student Communities - Religion and Spirituality

- umanitoba.ca/current-students/first-year/um-commons/student-communities
- umsu.ca/student-clubs-associations/student-clubs

Spiritual Care Resources

Off Campus

Community Resources	
Manitoba's Health Information and Knowledge Network – Spiritual Health Care	<p>https://libguides.lib.umanitoba.ca/mhi-knet-toolkits/spiritualhealth</p> <p>A virtual hub with many resources on spiritual health-related topics and spiritual care practice, created through a partnership between the University of Manitoba and IHCAM, Interfaith Health Care Association of Manitoba.</p>

Manitoba Multifaith Council	https://manitobamultifaith.org A provincial non-profit organization promoting interfaith dialogue, multifaith awareness for the purposes of religious education, reducing religious prejudice and hate, and encouraging collaboration among people of faith to foster community well-being.
Prairie Jubilee	https://www.canadianjubilee.ca/prairie-jubilee-experience A two-year formative training in self-development and self-realization focused on the ancient symbol of the enneagram.

For additional information on spiritually-based community resources including...

- Faith communities
- Individualized spiritual development supports (spiritual directors, life coaches, etc.)
- Spiritual practices (yoga, mindfulness meditation groups, Tai-Chi, etc.)
- Volunteer opportunities

... Please connect with **Spiritual Care and Multi-Faith Centre.**

