

# SPIRITUAL HEALTH

Spiritual Health addresses the human need to find meaning, ascribe to values, enjoy connection with others, and experience and appreciate a reality beyond the self. It is a dimension of health that affirms our meaning-making tendencies.

Health Canada states that healthy living means making positive choices in all health dimensions including spiritual health.

## WHAT'S HAPPENING HERE:

OVER **1 in 2** STUDENTS FELT THINGS WERE HOPELESS AT SOME POINT IN THE PAST YEAR.

ONLY **1 in 4** STUDENTS FEEL INTERESTED IN LIFE ON A DAILY BASIS.

85%

of students felt overwhelmed at some point in the past year.

3 in 5

students felt very lonely at some point in the past year.

## SPOTLIGHT ON SPIRITUAL HEALTH

- ▶ Between ages 18-25, your life-guiding principles, aspirations, and sense of self are solidifying. During this time, the need for meaning-making becomes much stronger.
- ▶ This time of transition and exploration may bring anxiety and insecurity. The Spiritual Care office is able to provide support if this is your experience.
- ▶ While spirituality may include traditional forms of faith, it is not limited to this. Spirituality can be incorporated by anyone into all aspects of daily life.

## SPIRITUAL HEALTH RESOURCES

### ON CAMPUS:

- Spiritual Care: [umanitoba.ca/student/spiritual-care](http://umanitoba.ca/student/spiritual-care)
- Indigenous Elders: [umanitoba.ca/student/indigenous/elders-in-residence.html](http://umanitoba.ca/student/indigenous/elders-in-residence.html)
- Chaplain's Association: [umanitoba.ca/student/resource/chaplains](http://umanitoba.ca/student/resource/chaplains)

### ONLINE:

- Manitoba's Health Information and Knowledge Network, Spiritual Care: [mhiknet.lib.umanitoba.ca/c.php?g=376555&p=4934837](http://mhiknet.lib.umanitoba.ca/c.php?g=376555&p=4934837)

## TAKE ACTION

- ▶ Consider the following questions:
  - What gives you hope and strength?
  - What helps you cope during difficult times?
  - What sustains you?
- ▶ Try journaling, reading, or listening to music.
- ▶ Get in touch with nature or other forms of beauty.
- ▶ Express your creativity through things like music, art, dance, cooking, or gardening.
- ▶ Volunteer or perform simple acts of kindness.
- ▶ Work at forgiving yourself and others
- ▶ Take time to be silent through meditation, prayer, or contemplation.
- ▶ Take part in meaningful rituals – religious or otherwise.
- ▶ Join a support group.

*\*Data compiled from spring 2016 NCHA survey.*

*Source: "Health Canada states that healthy living..." Government of Canada, 2017.*

*Sources and references are available at: [umanitoba.ca/student/health-wellness/ncha-sources.html](http://umanitoba.ca/student/health-wellness/ncha-sources.html)*



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