

# SPIRITUALITY & MENTAL HEALTH



## SPIRITUAL HEALTH

- intrinsic self-worth
- inner peace
- living from deepest values
- a sense of flourishing

Spiritual Health Association,  
2021

## SHARED QUALITIES

- sense of purpose
- mindfulness, presence
- connection to self, others
- gratitude and appreciation
- empathy



## MENTAL HEALTH

- emotional resilience
- healthy relationships
- work/life balance
- clarity and focus

World Health Organisation,  
2023



A mental health crisis is understood by many as a spiritual crisis. The task is to discern the psychospiritual experience from the psychopathological.

Vieten & Scammell, 2015



## **SPIRITUAL STRUGGLE**

*Psychospiritual*

A natural part of life that arises in times of challenge. Also referred to as existential crisis.

Pargament & Exline,  
2022

## **SHARED SYMPTOMS**

- confused thinking, inability to focus
- grief, depression, anxiety
- mood changes, sleep difficulties
- shame, guilt, excessive worry
- anger towards God, others, self
- loss of hope, identity, meaning
- loneliness, isolation, terror



## **MENTAL ILLNESS**

*Psychopathological*

A general term for a group of illnesses that affect the mind or brain.

Mental Health Australia,  
2023

# SPIRITUAL & MENTAL HEALTH CARE

The multi-disciplinary care team can ask these questions:

## Exploring a person's spirituality:

- ✿ What gives your life meaning?
- ✿ What is important to your sense of self and what you value?
- ✿ What sources of support do you turn to?
- ✿ Are there any spiritual practices, rituals, communities or places you find helpful?

MISTIC Toolkit, 2021

## Assessing spirituality in mental health care:

- ✿ What ways does spirituality contribute to the problem?
- ✿ What ways could it be part of the solution?

Pearce & Pargament, 2018



Spiritual Health Association

[www.spiritualhealth.org.au](http://www.spiritualhealth.org.au)

Spiritual needs can be fulfilled by:

- ✿ exploring one's inner world
- ✿ having beliefs and values that offer meaning and hope
- ✿ connecting with self, others, nature and something bigger
- ✿ expressing love, compassion and forgiveness
- ✿ experiencing transcendence
- ✿ exploring ritual, symbol, metaphor

Holm, 2023



## SPIRITUAL NEEDS

Spiritual beliefs and practices have a positive impact on mental health and wellbeing because they help us:

- ✿ cope with adversity
- ✿ feel positive, optimistic and happy
- ✿ have a sense of hope, meaning and purpose
- ✿ increase self esteem
- ✿ have a sense of control
- ✿ increase social connection and support

Koenig, 2012