

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