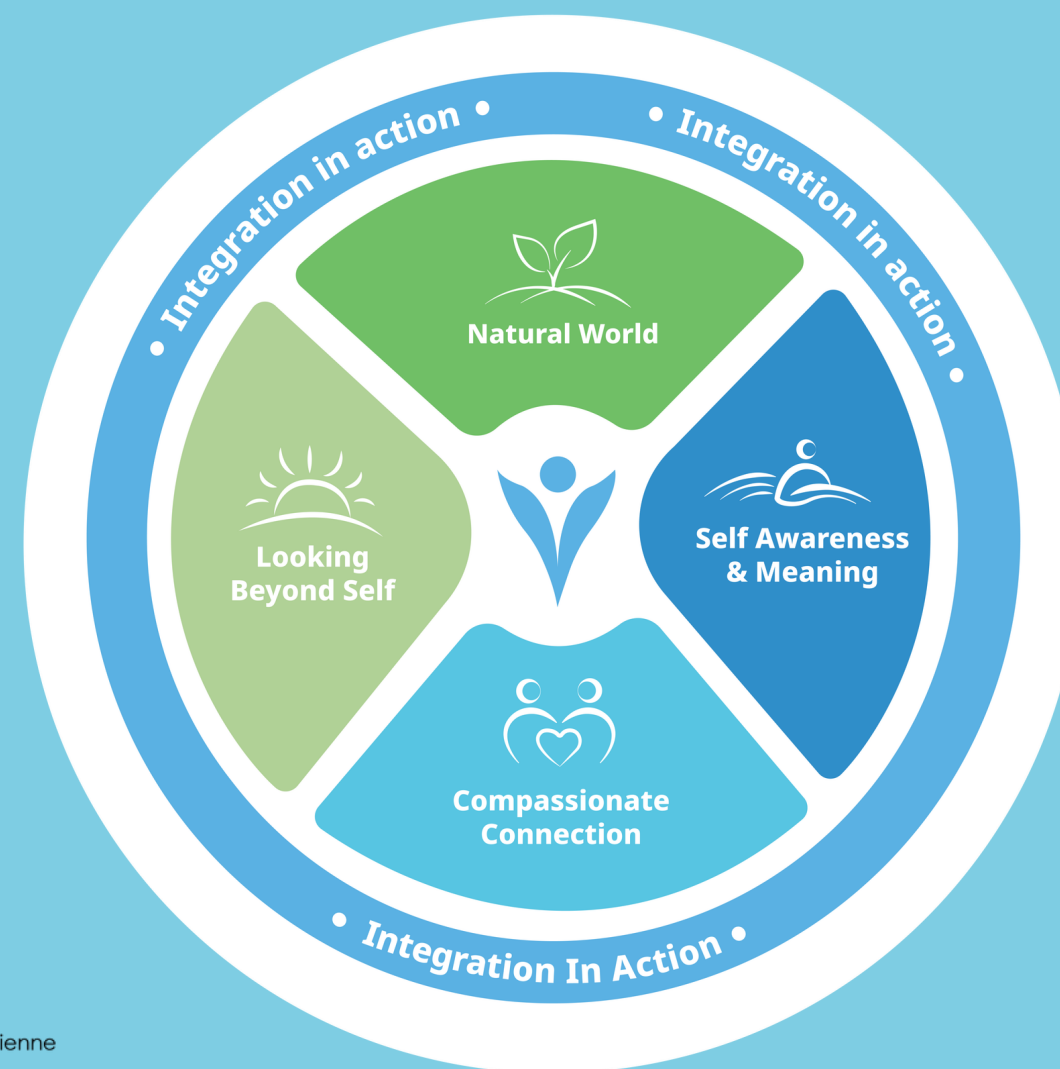


October 26-30

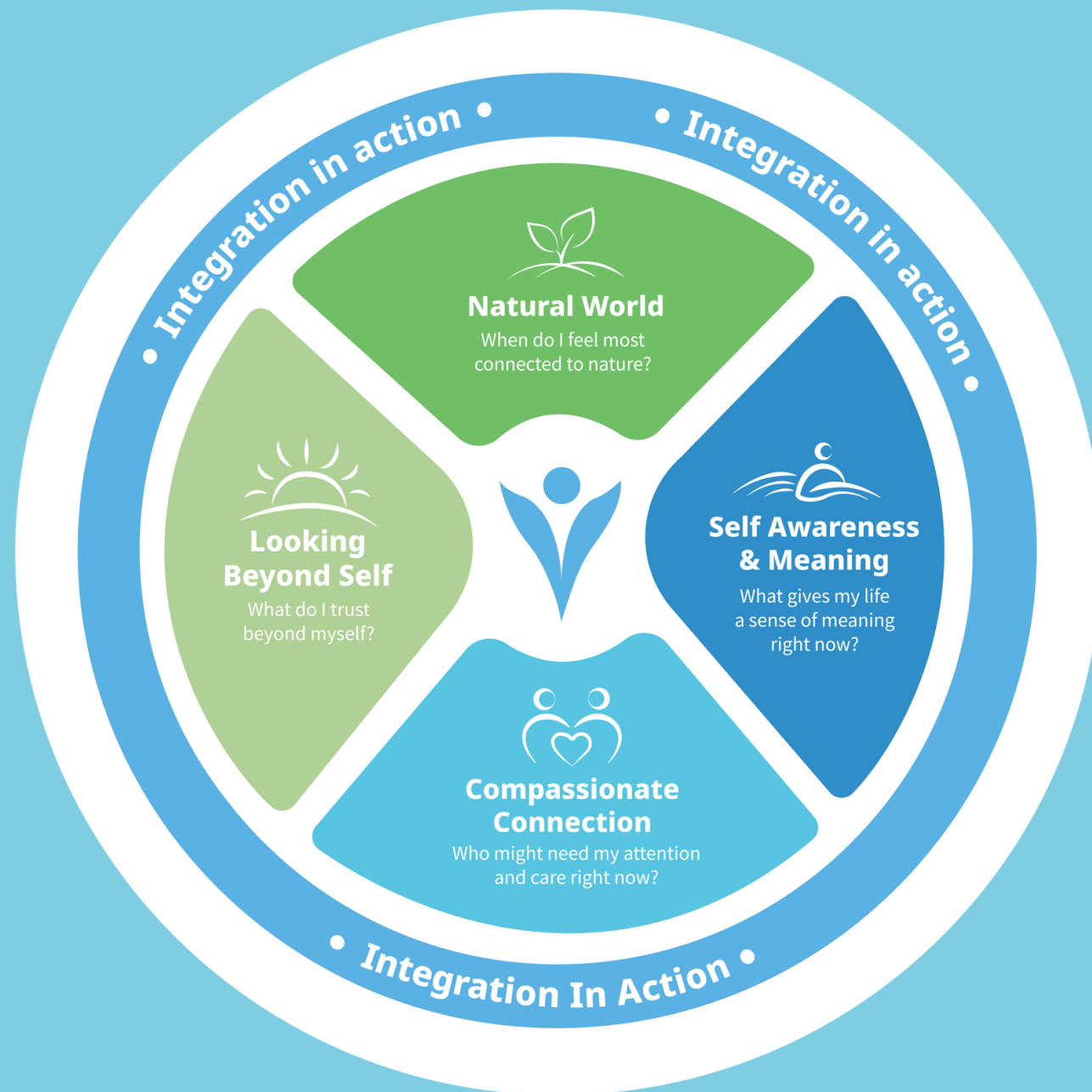
Spiritual Health Awareness Week 2026



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5 Domains

Core Spiritual Health Practices



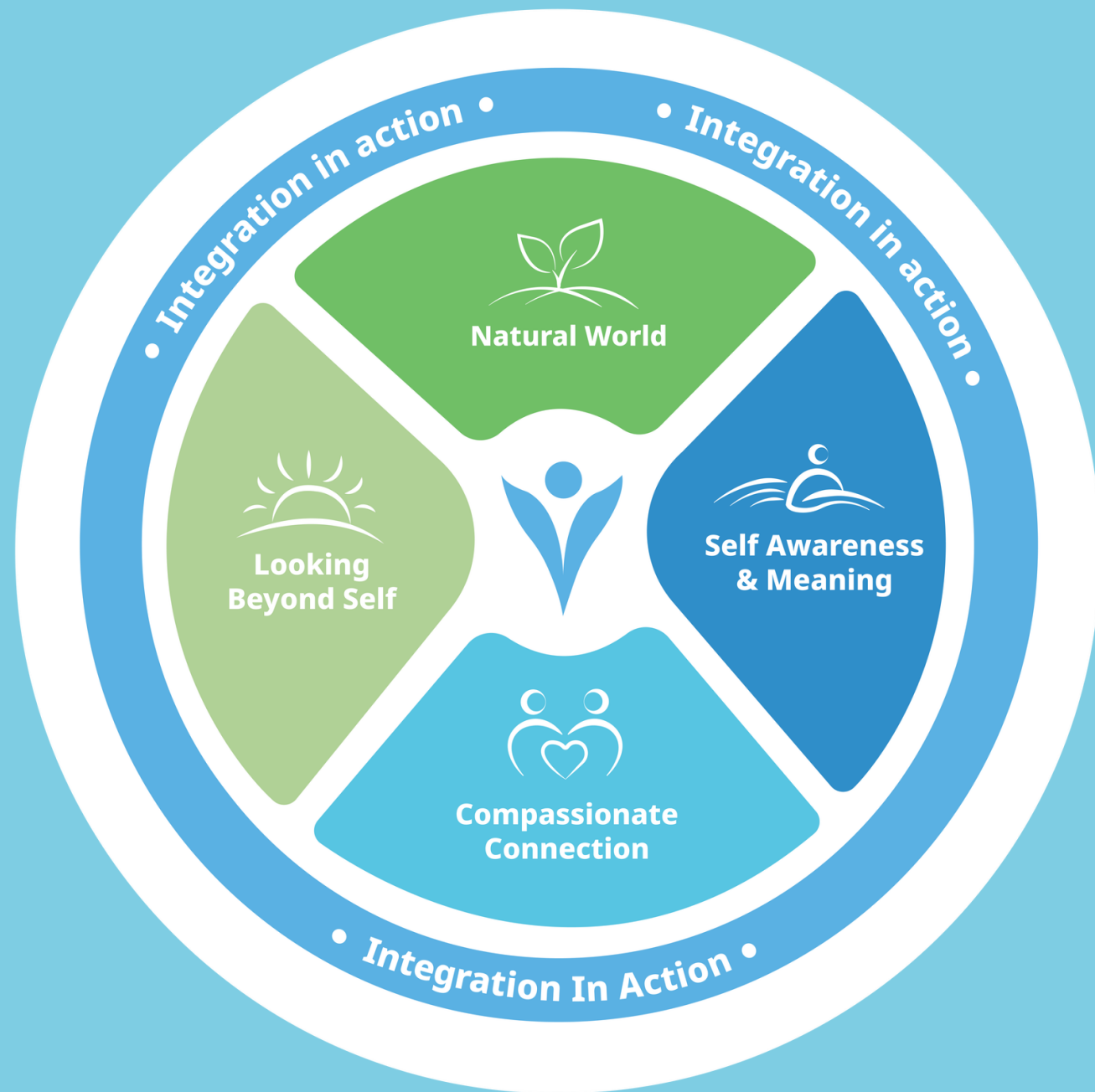
- **COMPASSIONATE CONNECTION**
Who might need my attention and care right now?
- **LOOKING BEYOND SELF**
What do I trust beyond myself?
- **NATURAL WORLD**
When do I feel most connected to nature?
- **SELF AWARENESS & MEANING**
What gives my life a sense of meaning right now?
- **INTEGRATION IN ACTION**
Am I living each day true to what I believe?



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Spiritual Health Compass

A relational framework for meaning, connection, and integration.



Spiritual health is shaped by the integration of how we relate to **ourselves**, to **others**, to the **world**, and to what lies **beyond** us.

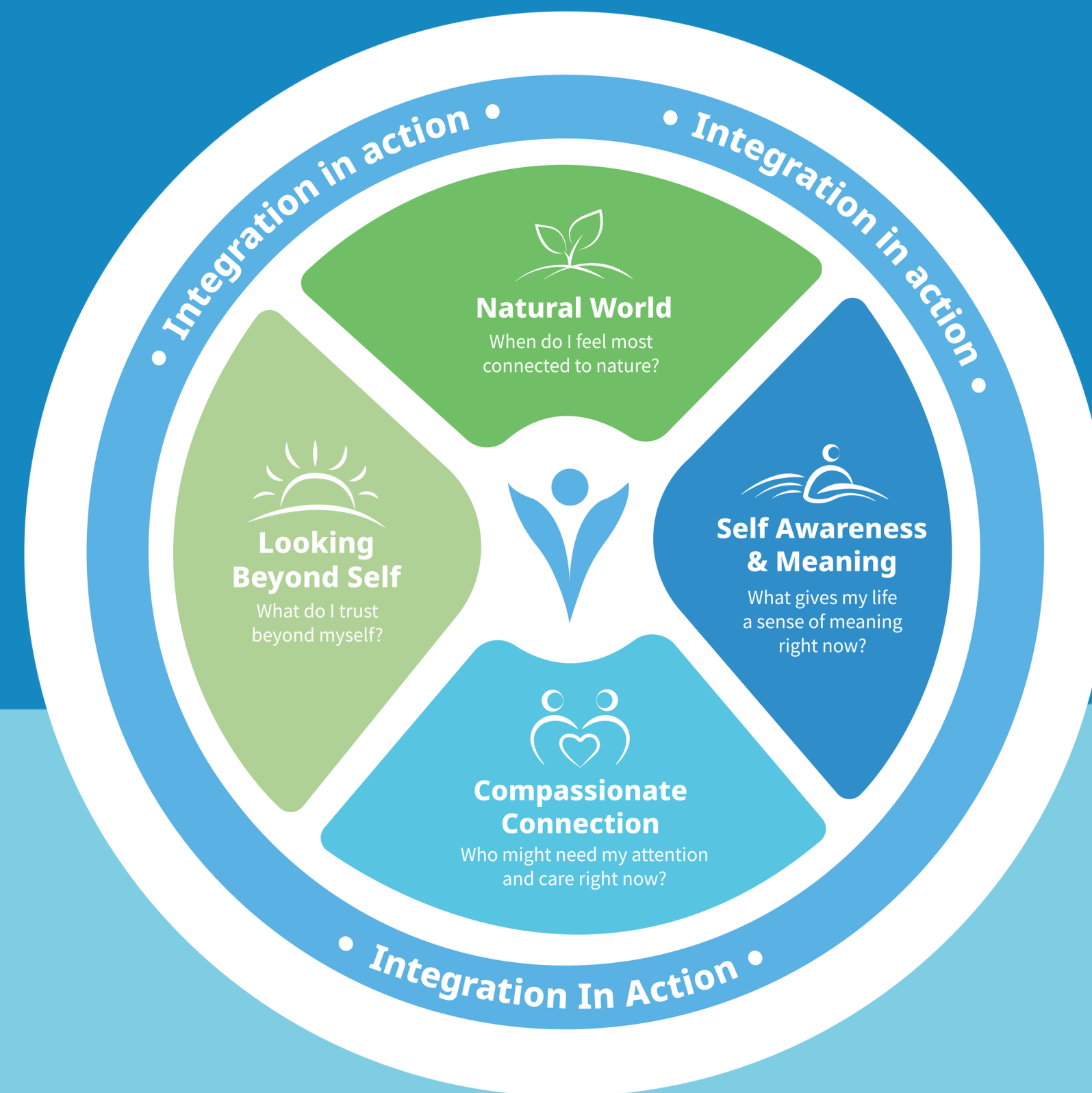
Spiritual health is health.

“

What lies behind us and what lies
before us are tiny matters
compared to what lies within us.

- Ralph Waldo Emerson

”



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Find out more at
spiritualcare.ca