

How's Your Spiritual Health?

Spiritual Health is supported by:

- A lived sense of meaning and purpose
- Authenticity and integrity
- Compassion for others
- Strong, trusting relationships
- Connection beyond oneself
- Emotional grounding and resilience
- Gratitude and attentiveness

Trait Summary

Meaning: Life has purpose and coherence

Connection: Self, others, world, beyond

Compassion: Care for others

Integration: Values and actions align

Resilience: Ability to face difficulty without losing one's centre



CASC / ACSS
Canadian Association
for Spiritual Care / Association canadienne
de soins spirituels

spiritualcare.ca