

# 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  
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de soins spirituels

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