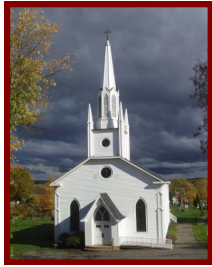


Spirituality



Name of Church, Temple or Mosque (*contact*)



Yoga or meditation schedule (*contact*)



Massage therapist



Class or workshop to attend

Spirituality



Spirituality Is Important *By Todd Washburne*

Spirituality means a lot to me. I think that it means that everyone can get in touch with their souls and feel good about what they are doing. Spirituality is an important feeling when we can find it. I believe that there is a God and he or she seems cruel sometimes. At other times he is very well hidden.

Regardless of our religion, some kind of strong belief can help us to be at peace with ourselves.

Some of that peace comes from everyday life when stress levels are low. Each person needs to find a way to do his own thing to discover what helps to get that peaceful feeling regularly. That can be as simple as looking at the ripples in a stream or a pond. Some walking

in the woods might be your way of finding it. Other things might be listening to your favorite music, losing yourself in a good book, or sketching drawings or cartoons. You will need to find whatever it is that makes you feel good about your life and that you can turn to when life is not so good.



Often the simplest thing is what makes the difference between being calm or not. Be creative and have part of every day when you are making peace with yourself. Making this work for you is an important thing

for each and every one of us. I think we all need to make a plan for how we can find and keep our spirit going.

Spirituality



Spirituality is about who you are inside. It is being clear about your core values and beliefs and being at peace with yourself.

What do you value? Pick 4 values that will make you feel good about your life. There are no right or wrong answers.

I will feel good about my life if...

- I am in good **health**
- I continue my **education**
- I have my own **home**
- I have a **job**
- I have my own **money**
- I have **fun**
- I have a romantic **relationship**
- I have **friends**

- I live in a clean **environment**
- I spend time with my **family**
- There is world **peace**
- I stay away from **drugs**
- I have **choices**
- I can exercise my **rights**

It is hard work staying clear about what you feel is important in life. Sometimes we struggle with finding inner peace. Taking time to look at your life, clear your mind, think a problem through, or give yourself a pep talk are some ways to help with the search.

Spirituality



You Get To Decide How You Will Care
For Your Spirituality Or Your Inner Peace

What do you do?



Being outdoors

Art



Music

Yoga



Write

Meditate



Massage

Go to church



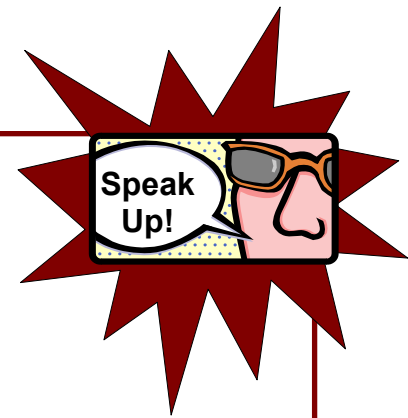
Pray

Chant



What would help you?

Spirituality



Let your team know spirituality is very important to you.

Which team member will you talk to about making time to charge your batteries?

What kind of help do you need?

- Thinking about ways to be spiritual
- Getting more information
- Finding a group or class to join
- Trying out the group or class
- Transportation
- Making time each day or week to be spiritual
- Keeping track of contact telephone #'s and email addresses