

# Spirituality

for wellness and recovery

## Meaning Making

How do you connect to the bigger picture?  
What ideas help you find hope?  
What makes life meaningful or significant for you?

## Spiritual Experience

How do you understand that experience?  
How do you make sense of unusual experiences?



## Community Engagement

Do you share activities with others that provide comfort for you?  
Where do you draw your support from?  
Do the communities you engage with support mental health recovery?

## Spiritual Activities

What brings you joy?  
How do you connect to your source of strength?  
What helps you cope when things are difficult?  
Do these activities support your mental health recovery?

Exploring spirituality: Keep it safe... have an open mind... create listening space