



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

We Can Get Stronger! Transcendence and Spirituality

Spirituality can provide a sense of meaning, purpose, and emotional connection to something beyond ourselves. Believing in a higher power or participating in emotional connections beyond ourselves can increase our sense of purpose and change how we see everyday events. All of us have focused on something beyond ourselves at some point in our lives. For some, these experiences may happen after spending time getting lost in a book or listening to music. For others, it may have been a moment of becoming lost in prayer or meditation. Drawing on spiritual resources for resilience helps to provide families with a sense of certainty in a

sometimes uncertain world.

Spirituality

Many of us look for meaning in our lives. Spirituality may be the foundation we need to help us feel safe and in control. Resilience is increased when we are better aware of our values and purpose and focus on connections with others. Spiritual connectedness can be found in nature and through the expressive arts. These powerful spiritual resources may help us to better connect with ourselves, each other, and the world.

Activities

- **Connecting with nature.** Take time to truly connect with nature. The rhythm of walking and/or running can encourage thoughts and provide an opportunity for you connect with the world beyond yourself. The whole family can benefit from time in nature. Even a short stroll can lower your heartrate, blood pressure, and can reduce stress and anxiety. When you are by yourself, take note of your surroundings and notice the details around you. What do you see, hear, smell, and feel in the space you are in? Connecting with nature can provide you with a space to connect spiritually and find comfort in the face of adversity.
- **Taking photos.** Taking photos can help you to find meaning in your life. Consider taking meaningful photos and then writing about why the photos are meaningful. By doing this, you allow yourself a chance to think deeply about what each photo means to you. Consider learning more about how taking photos and writing about them supports you as you look for meaning in your life by watching [this short video](#).

To learn more about the science behind the benefits of connecting with nature and taking photos, you may wish to read the below research:

- [Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary BioMarkers](#)
- [Through the windows of the soul: A pilot study using photography to enhance the meaning of life](#)