



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

YOUTH

We Can Get Stronger! Transcendence and Spirituality

Non nobis solum is Latin for “not for ourselves alone.” It means that people should contribute to the greater good of humanity, apart from their own interests. Our families’ cultural, spiritual, and religious values are ways we emphasize how our lives have purpose, meaning, and an impact on others. Religion/spirituality is important to teens and helps protect us from poor health. Through connection to spirituality, teens can learn to rise above challenges they may be facing.

Religion and Spirituality

Religion has been shown to help teens control their behaviors. Doing spiritual things, such as mindfulness, can also help teens control their emotions. These practices also help teach youth how to take responsibility for their community and world in addition to taking responsibility for themselves and their family.

Activities and Resources

- **The Greater Good.** Thinking about the greater good allows you to consider the needs of others beyond your own. Talking with your teen about big questions helps them to think about how they can positively impact those around them. To begin, you may wish to ask, “What do you genuinely care about the most in this crisis?” or “What skills can you use to add to your family, community, and world?”
- **Meaning Making.** Strong faith and mindfulness practices such as prayer and meditation can help your teen to control their emotions, promote health and healing, reduce stress, and strengthen their brain and heart. It can also help them to fight illness. Encourage your teen to take time to try some mindfulness activities to help them make meaning of the world around them. Your teen may also wish to download an app to help them practice mindfulness.
 - Mindful breathing is a simple exercise your teen may wish to try. Encourage your teen to sit in a comfortable position and to pay attention to their breathing and body as the air goes in and out. Continue for a few minutes while focusing on breathing and relaxing the body. Share with your teen that if their mind starts to wander, they should gently guide their focus back to their breathing.
 - Meditation can help your teen to lower their anxiety and better control their emotions. While focusing on their breathing, encourage your teen to imagine clouds passing by. As they imagine the clouds, encourage them to think of the clouds as worries. As each cloud passes, so do their worries.

The following are some guided meditations your teen may wish to try:

- [Mindfulness Meditation to Help Relieve Anxiety and Stress](#)
- [Guided Meditations from UCLA Health](#)

To learn more about the science behind thinking of the greater good and practicing mindfulness, you may wish to read the below research:

- [World Happiness Report 2019](#)
- [Research Review: The effects of mindfulness-based interventions on cognition and mental health in children and adolescents – a meta-analysis of randomized controlled trials.](#)