



Culture and Community can facilitate health and resilience.

When it comes to nurturing resilience and spiritual health, culture and community offer rich resources. Many of us have experienced our spiritual well-being nurtured through cultural and community events and traditions. In the moments when our culture and community thrive, so too does the spirit within us.

Culture can include **the customs, arts, institutions, and**

achievements of a particular nation, people, or social group¹. It can guide our behaviours, how we interact with others, and how we interpret one another's actions. Our culture can also shape how we experience health, illness and loss.

When we speak of community, we think of things like **a feeling of fellowship with others as a result of sharing common attitudes, interests, and goals**². In community, we can grow in appreciation for the need and value of our connections with others. In our connections to others, our place in the world is discovered.

Connecting with your own culture and community might take the form of ceremonial dress, music and dancing, the rituals of a congregation or the practices around the autumn harvest. Parts of your culture may be related to your abilities, the values or views you hold, your occupation or the language you speak. When we grow to know our own culture and know the cultures of others, we can see more clearly where we meet, where we may differ and where we can come together to learn from and celebrate life with one another.

When people are cut off from their culture and community, historically or through the pandemic, we've learned that great harm can occur. But in community and through culture, our spirit comes alive.

¹Oxford University Press (2020) culture. In: Lexico.com, Available at: <https://www.lexico.com/definition/culture>

²Oxford University Press (2020) community. In: Lexico.com, Available at: <https://www.lexico.com/definition/community>

SOMETHING TO WATCH OR LISTEN TO

- [What does culture mean to you?](#)
- [The Cultural Iceberg - Seeing more deeply into one another's experiences.](#)
- [WRHA Indigenous Health staff maintain community Ceremony amidst a pandemic](#)

SOMETHING TO DO

- [Exploring Culture With Kids](#)
- [WRHA Cultural Awareness for Personal & Professional Development](#)
- [7 Fun Ways to Connect with your Cultural Heritage](#)

SOMETHING TO READ

- [It's Never Too Late To Get In Touch With Your Cultural Background](#)
- [Stories of and wisdom into the importance of Culture and Palliative Care](#)
- [22 Celebrations of Culture Around the World](#)

“Disclaimer: The organizers of Spiritual Health Awareness week (WRHA, IHCAM, MMC, CASC) have chosen the above web pages for educational purposes, however it does not necessarily endorse all web content.”