

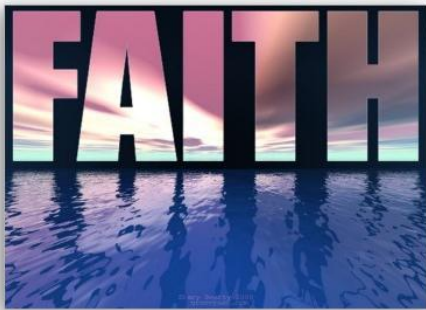


How practicing a FAITH can facilitate growth and health.

The COVID 19 pandemic has caused many people stress, anxiety, depression and other forms of emotional distress. Coinciding with COVID 19 there have been a number of disasters – natural and those caused intentionally by people. With so much suffering round about us, many people are feeling hopeless and wondering about meaning and purpose in life.

For some people, turning to spirituality and faith is one way of engaging with our feelings and thoughts and finding peace. Today's reflection on our theme "nurturing our spiritual health and resilience amidst a pandemic" focuses on ways we can cope and even thrive during the pandemic by nurturing our spiritual selves through faith.

Many people search for connection to meaning and purpose beyond themselves, which is a broad understanding of what "spirituality" can mean. For many people, their spiritual life is intricately linked to their association with a church, temple, mosque, or synagogue. They find comfort and strength in the teachings and rituals of faith. Others may pray or find comfort in a personal relationship with God or a higher power.



SOMETHING TO WATCH

- [An Anglican priest asks leaders from various faiths for their inspiration during COVID](#)

SOMETHING TO DO

Some people find it helpful to engage in rituals in order to discover or strengthen feelings of hope and courage and to become more resilient. One of the rituals of faith is prayer. Below you will find a number of prayers from several different faiths. If your faith is not listed, try going on line and searching up a prayer. You could ask a faith leader to suggest a prayer book.

Sitting alone in a quiet place, pray the prayer several times. Sit quietly for 5 minutes and let your mind absorb the goodness of the prayer. What does the prayer mean to you today? End your time of quiet by reading through the prayer one more time. Practice this ritual each day for a week.

- [Jewish Prayer \(Reform\)](#)
- [Sikh verses](#) Contributed by Gurmehar Kaur and Prabhjot Vig, Student Experience Coordinator, International College of Manitoba
- [Five Buddhist Teachings](#)
- [Muslim verses:](#) Contributed by Dr. Natasha M. Ali, C. Psychologist Community Faith Representative for the WRHA Spiritual Health Services Advisory Committee

- [Christian Prayer](#)

SOMETHING TO READ

You might enjoy exploring:

- [Psychological benefits of prayer: What Science says about the Mind-Soul Connection](#)
- [Are Religious people, happier, healthier?](#)
- [Time to follow the evidence – Spiritual Care in Health Care](#)

By referring you to specific web pages, WRHA Spiritual Health Services and IHCAM do not necessarily endorse the full content of the website.