Life-Affirming Spiritual Resources

- Social support from client’s religious community (e.g., sharing a meal or having someone to talk with)
- Volunteering opportunities, civic involvement, and/or participation in social change
- Religious services (e.g., prayer, worship, Bible study, retreats, etc.)
- Using role models from religious and spiritual communities (e.g., figures from religious literature and history, such as Jesus, Muhammad, Buddha, Mother Teresa, Gandhi, Martin Luther King, the Dalai Lama, etc.)
- Engaging in activities with one’s spiritual community (e.g., bingo, quilting, seminars)
- Functional support from one’s spiritual community, such as meals, clothing, and financial support
- Encouraging client personal prayer
- Meditation/Mindfulness
- Spiritual rituals
- Reading Holy Scriptures
- Chanting or drumming
- Almsgiving
- Journaling
- Religious bibliotherapy (i.e., religious texts, stories, metaphors, etc.)
- Affirming client confession/repentance
- Labyrinth walking
- Yoga, Tai Chi, or Qigong
- Spending time in nature
- Visiting a sacred space
- Making a pilgrimage
- Helping clients find a sense of meaning
- Using spiritual coping methods (e.g., finding strength and comfort from God, viewing oneself as in partnership with God, reappraising a situation in a benevolent way, seeking spiritual purpose, active spiritual surrender)
- Cultivating spiritual virtues, such as forgiveness, gratitude, hope, and humility
- Encouraging charitable service
- Referral to religious professional or leader