

Spirituality worksheets pdf: Version 2

Spirituality teaches you four fundamentals:

Acceptance,	Hope,
Belief in a higher self,	
Forgiveness,	Achieving meaning and purpose.

Ways to improve your spirituality:

- **Meditation:**

Before the meditation, the first step is finding a corner where you can sit comfortably for 15-20 minutes daily, anywhere without distractions and noise. Make this activity a part of your daily routine. If you would like, set a timer to track the length of your mindfulness meditation.

- **Don't dwell in the past:**

Don't dwell in the past. Move on and try to take care of yourself. You are alive, and don't sulk in the past.

- **Grounding techniques:**

Get connected with nature, etc.

- **Positive Messages:**

Tell yourself how much already you have achieved in life. You are stronger than this. Give yourself positive messages.

- **Deep Breathing:**

Breath in and breath out 3 -5 times a day, 4 seconds inhale, 4 seconds holding your breath, and 4 seconds exhaling. This is how you are supposed to do deep breathing.

- **Relaxation Techniques**

Progressive Muscle Relaxation and Yoga are some options you can try whenever you feel that you cannot control your anger.

- **Yoga** is another meditation and relaxation activity that helps you find peace and solace. It allows you to connect yourself with the higher being.

- **Practice Gratitude:**

Gratitude is about thanking and being grateful for the things around you. Simple things like good weather and sunny days can be a reason to be grateful. They are simple reminders to self to achieve inner peace and mindfulness. Start doing it to overcome your depressive symptoms.