

Spiritual Health for Thriving With & For Others

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About Thrive Center

- We conduct research and collaborate with others on cutting-edge psychological questions addressing the most pressing issues of spiritual health and thriving in a pluralistic world.
- We convert research into resources designed to bring about change, spiritual health, wholeness, and a flourishing world.

Website



Nourish your mind and soul

With & For - a podcast that explores the depths of psychological science and spiritual wisdom to offer practical guidance toward spiritual health, wholeness, and thriving on purpose.



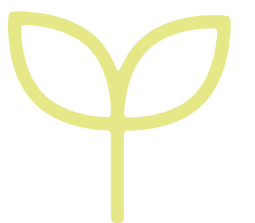
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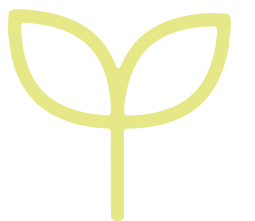
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Mental Health Crisis



Spiritual Health Crisis



*Shift in
Religious & Spiritual
Landscape*



Religious affiliation and attendance are generally decreasing



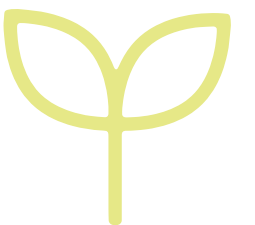
Those who identify as
“Spiritual, not religious” are
increasing



Goal to highlight the
psychological resources
in healthy spirituality
to thrive.

Assertions

- 1) Not all spirituality is healthy.
- 2) Thriving is definable.





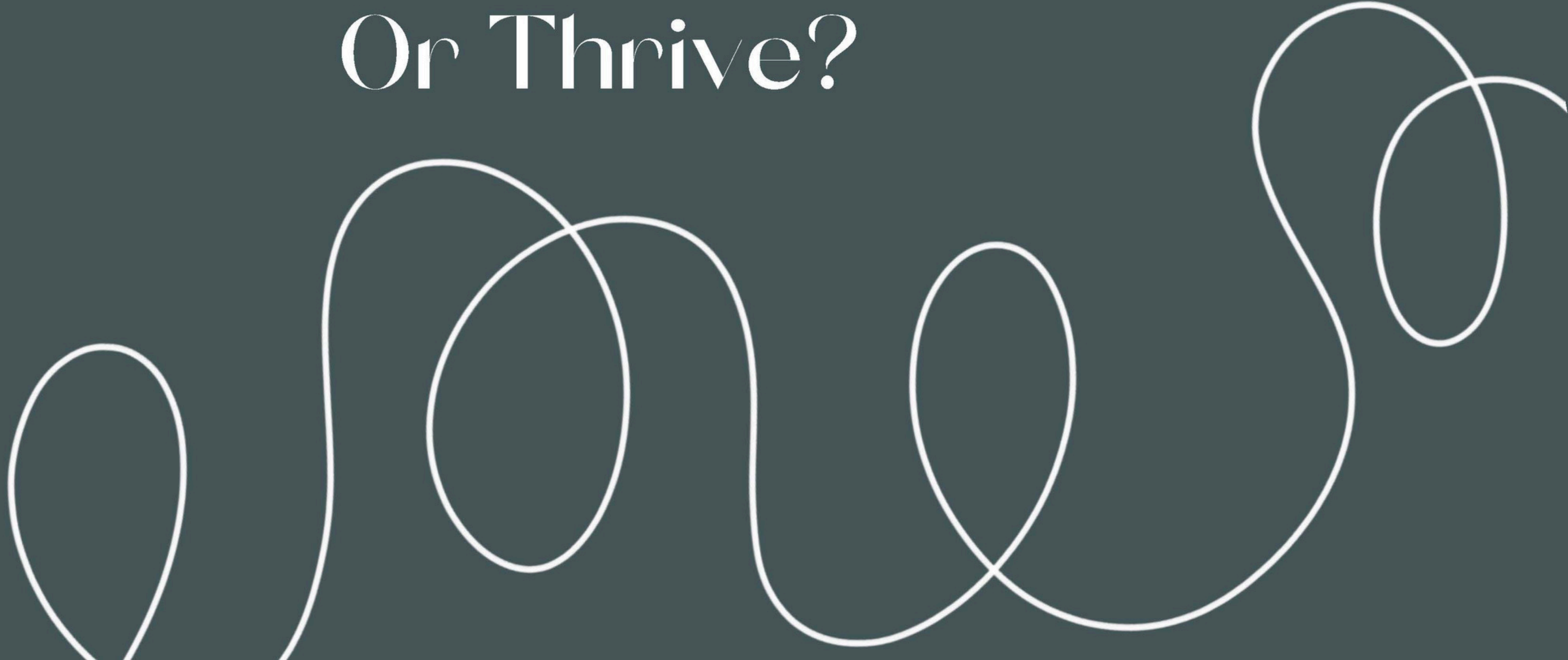
“I have come that
you may have life
and have it to
the fullest.”

John 10:10

Did God intend humans to survive?



Or Thrive?



Jesus saved us from death and for...



becoming fully alive!

Thriving as growing into a more fully Reciprocating Self

Jack O. Balswick, Pamela Ebstyn King
and Kevin S. Reimer



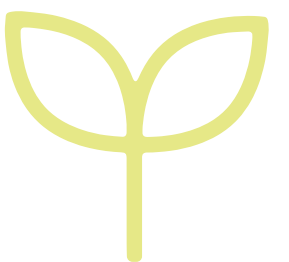
The Reciprocating



Self

Second Edition

HUMAN DEVELOPMENT IN THEOLOGICAL PERSPECTIVE



What is thriving?



What is thriving?

Thriving as growth...



What is thriving?

**Thriving is growing
towards *telos* or *purpose*.**



Becoming like Christ

- Jesus Christ is the perfect image of God (Col. 1:3)
- This involves the character and life pattern of Christ.

Becoming like
Christ



As a unique person

- Unique creations, which involves our unique strengths, spiritual gifts, proclivities, and identity.

Individual
Uniqueness

Becoming like
Christ



Related to others

- Being in relationship with others—God, people, and creation.
- This furthers God's kingdom and contributes to the greater good.

Individual
Uniqueness

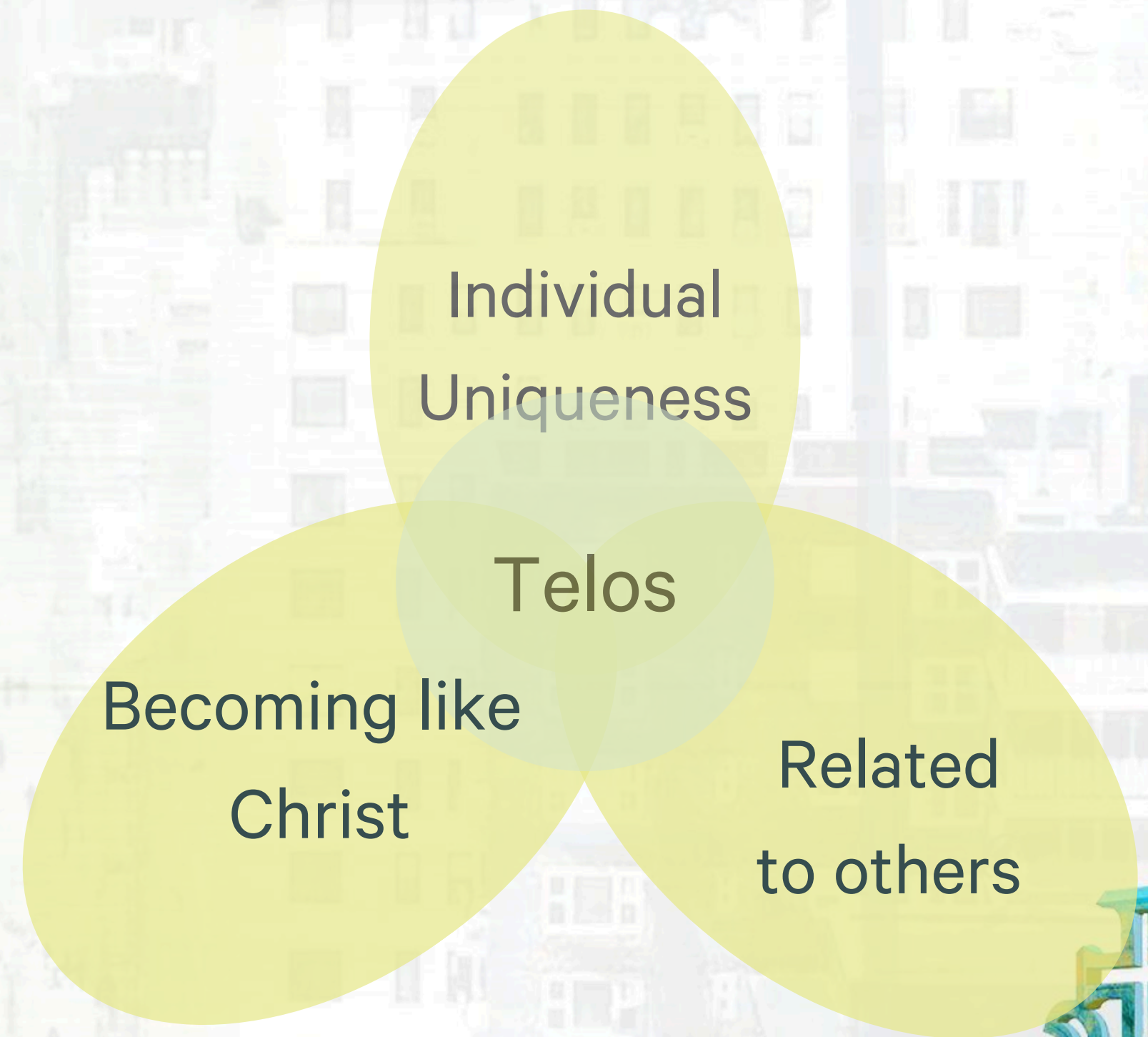
Becoming like
Christ

Related to
others



Telos

- Purpose or telos is found at the intersection of who we are as individuals, related to others, as we are becoming more Christ-like.



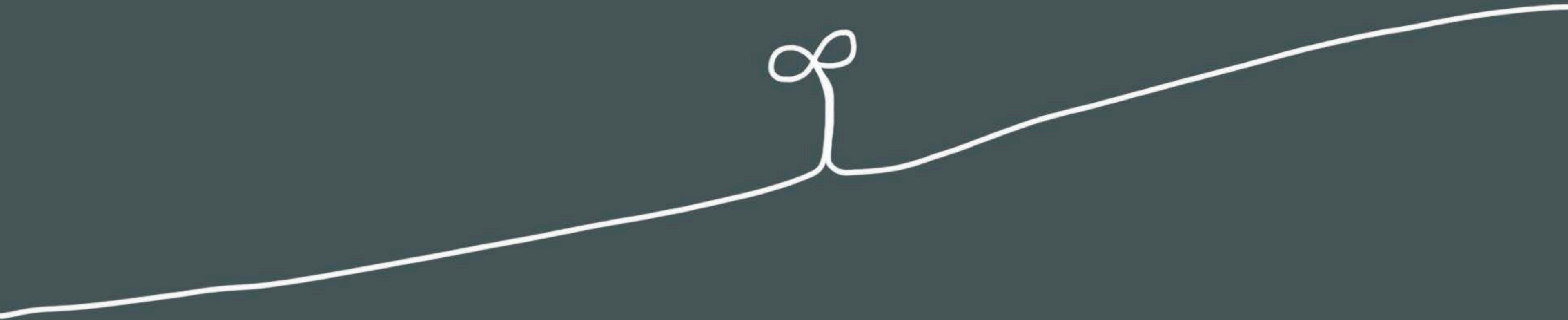
Thriving involves:

- Growing as individuals
- In relationship with others and God,
- And moral and spiritual development.



Thriving
is becoming you
with and for others.

Spirituality provides many resources for thriving and growing into purpose.



The Power of Spirituality

Religion and spirituality are associated with:

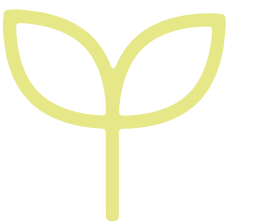
decreased depression

decreased anxiety

decreased violence

decreased substance abuse

decreased suicide.



The Power of Spirituality

Religion and spirituality are associated with:

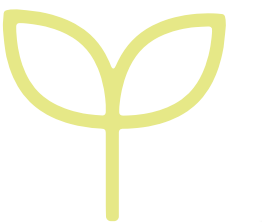
increased resilience,

increased hope,

life satisfaction,

increased meaning,

increased purpose.



But it is not a panacea.

Why spiritual health?

- Decades of research reveal psychological benefits available through religion and spirituality.
- Not all spirituality is created equally.
- History and the present testify to how the powerful ideological, social, and transcendent resources within religion and spirituality can be used to help or hinder *individual* and *social* thriving.



Why spiritual health?

A framework to highlight psychological resources within
Religion & Spirituality for spiritually-engaged
practitioners:

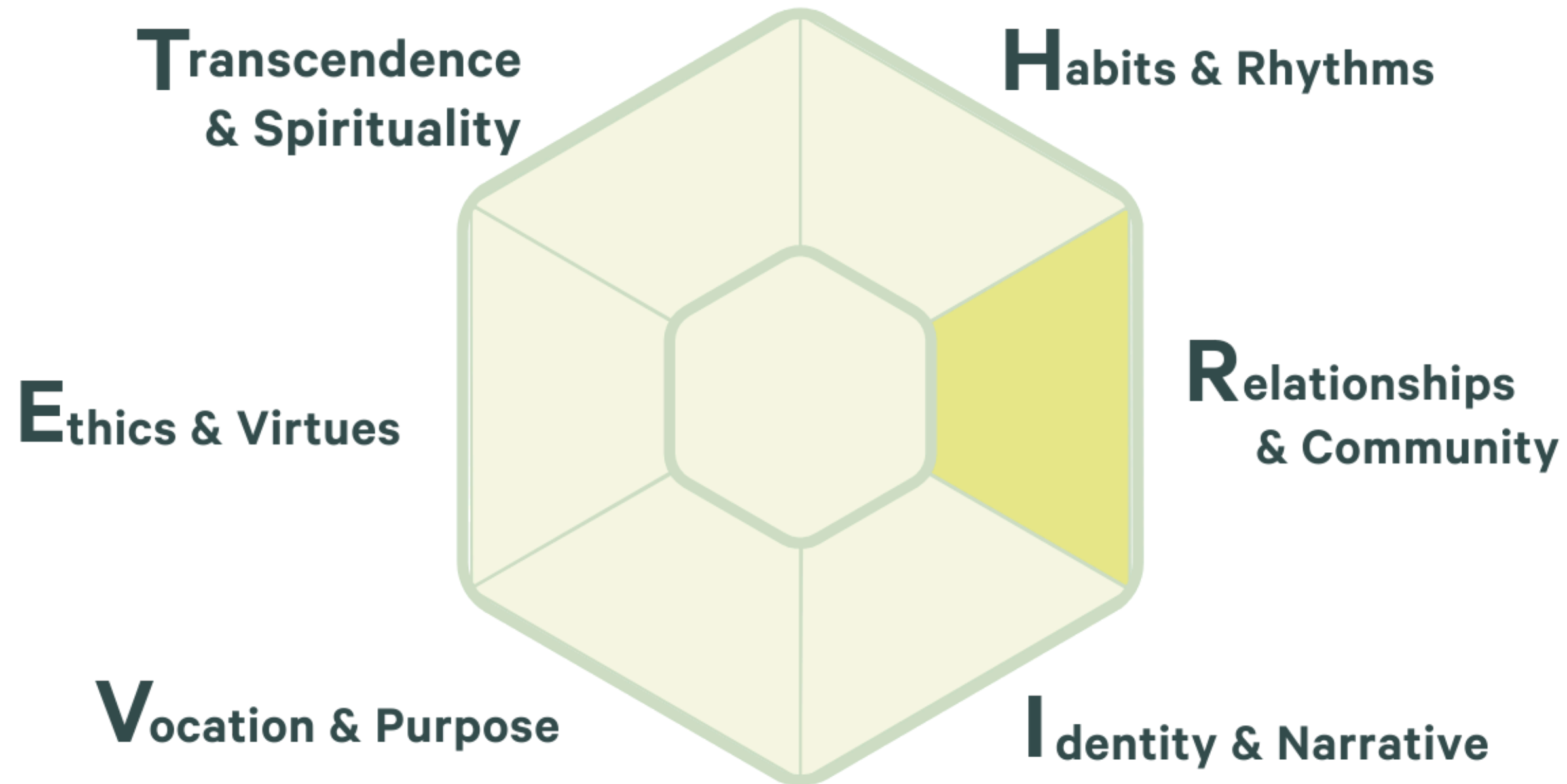
Clinicians and therapists

Ministry leaders

Other frontline workers



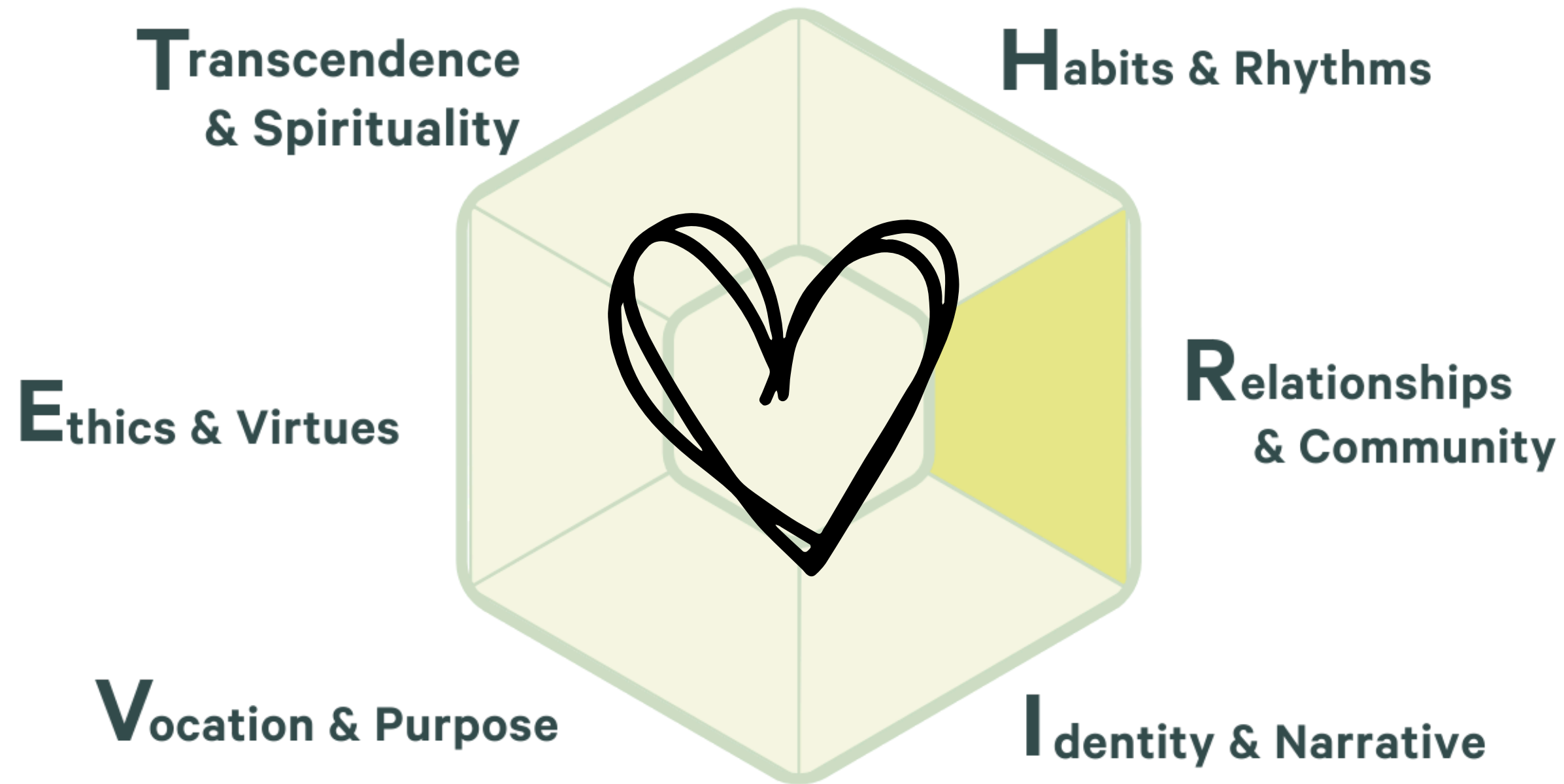
THRIVE Spiritual Health Framework



Website



THRIVE Spiritual Health Framework



Website



THRIVE Spiritual Health Framework

Transcendence
& Spirituality

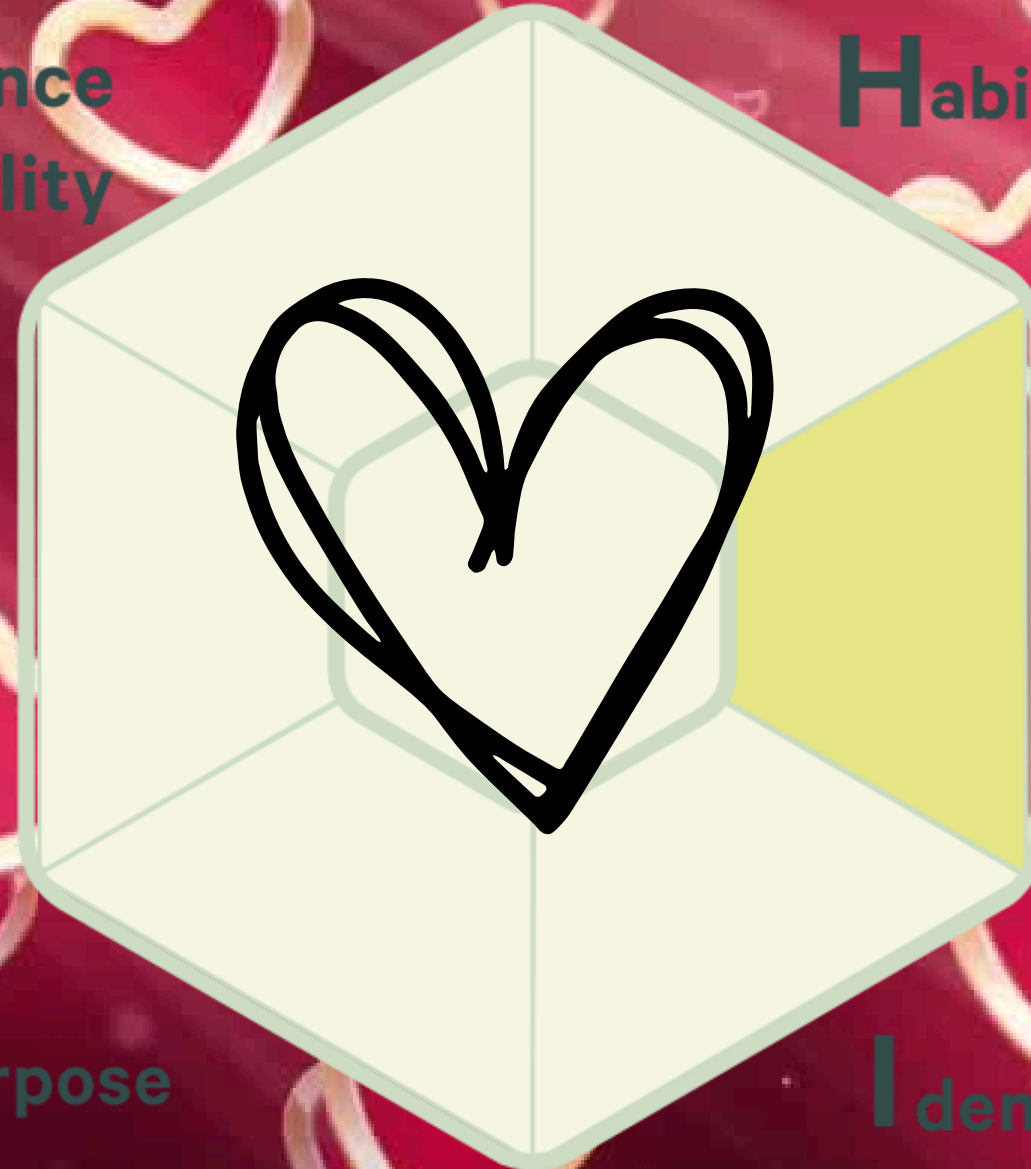
Habits & Rhythms

Ethics & Virtues

Relationships
& Community

Vocation & Purpose

Identify & Narrative



Transcendence

Awareness of and connection to a source of invigorating love that inspires purpose.

Transcendence

- Psychological processes that enable us to experience and apprehend God
- Metaphysical magnitude has ordering power on people's lives-- provides meaning and motivation to live virtuously and toward our purpose
- Opens up our brains:
 - Broaden and build effect
 - Coping and hoping
- Experience of God's love through Christ

Habits & Rhythms

Healthy spiritual practices and regular rhythms that allow us to slow down to gain insight, connect to love, and energize into purposeful endeavors.

Habits & Rhythms

- We can make choices about our lives and the habits we form.
- Choose to habituate spiritual practices and rhythms that help you come *wholly alive* and thrive.
- Essential to spiritual health is adopting practices and rhythms that allow us to regulate our attention, emotions, thoughts, behaviors, and goals.

Habits & Rhythms

- Practices help us connect more deeply with ourselves, others, and God.
- Practices prompt us to reflect and increase our awareness of who we are and what matter
- Good practices help us make sense of and become more resilient to the inevitable suffering in life, while also growing our capacity to show love.

Relationships & Community

Connections that provide a space of belonging where we can be fully known to ourselves and others and learn to give and receive love.

Relationships & Community

- We need relationships through which we can grow and experience love.
- Becoming occurs through belonging.
- “I need you to be me. You need me to become you.” (Desmond Tutu)
- Belonging involves being ourselves.

Relationships & Community

- Relationships and community that validate: feelings, thoughts, gifts.
- People who get you? And got your back?
- Communities marked by
 - Trust and respect
 - Time spent together and meaningful communication
 - Shared vision--beliefs, goals, and values

Identity & Narrative

Growing in clarity about who we are as
a beloved, unique, embodied person.

Identity & Narrative

- Identity is our enduring self understanding
 - Knowing who we are, to whom we belong, and our place in the larger whole.
- Narrative identity is the evolving story we tell about our lives
 - Allows us to weave our personal uniqueness, our family, racial-ethnic, our religious narratives into an ongoing story.

Identity & Narrative

- Connect us to love and belonging (human or divine)
- Affirms our uniqueness and belovedness
- Supports the encourage us to explore who we are in our pursuit of purpose and contribution.
- Offers a lens of redemption, hope, and purpose.
- Affirms the dignity of all persons and allows for the pursuit of truth in love.
- How do you understand your unique role in contributing to this greater story?

Vocation & Purpose

Contributing our strengths to the world by living out our response to love with and for others.

Vocation & Purpose

- Vocation and purpose are how we live out God's love in the world.
- Vocation and purpose are found at the intersection of
 - Our individual strengths and passions
 - Our relationships--our call and contribution to others
 - How we are becoming like Christ

Vocation & Purpose

- Purpose (Damon, 2008) is an enduring goal that is meaningful to oneself and makes a contribution beyond the self.
- Pursuing purpose leads to more meaningful connections, meaning, life satisfaction.
- Health spirituality supports the pursuit of a purpose that affirms that our giftings play a pivotal role in a greater story with and for others.

Ethics & Virtues

Our beliefs about love and how we live out love through values, views of right and wrong, and priorities.

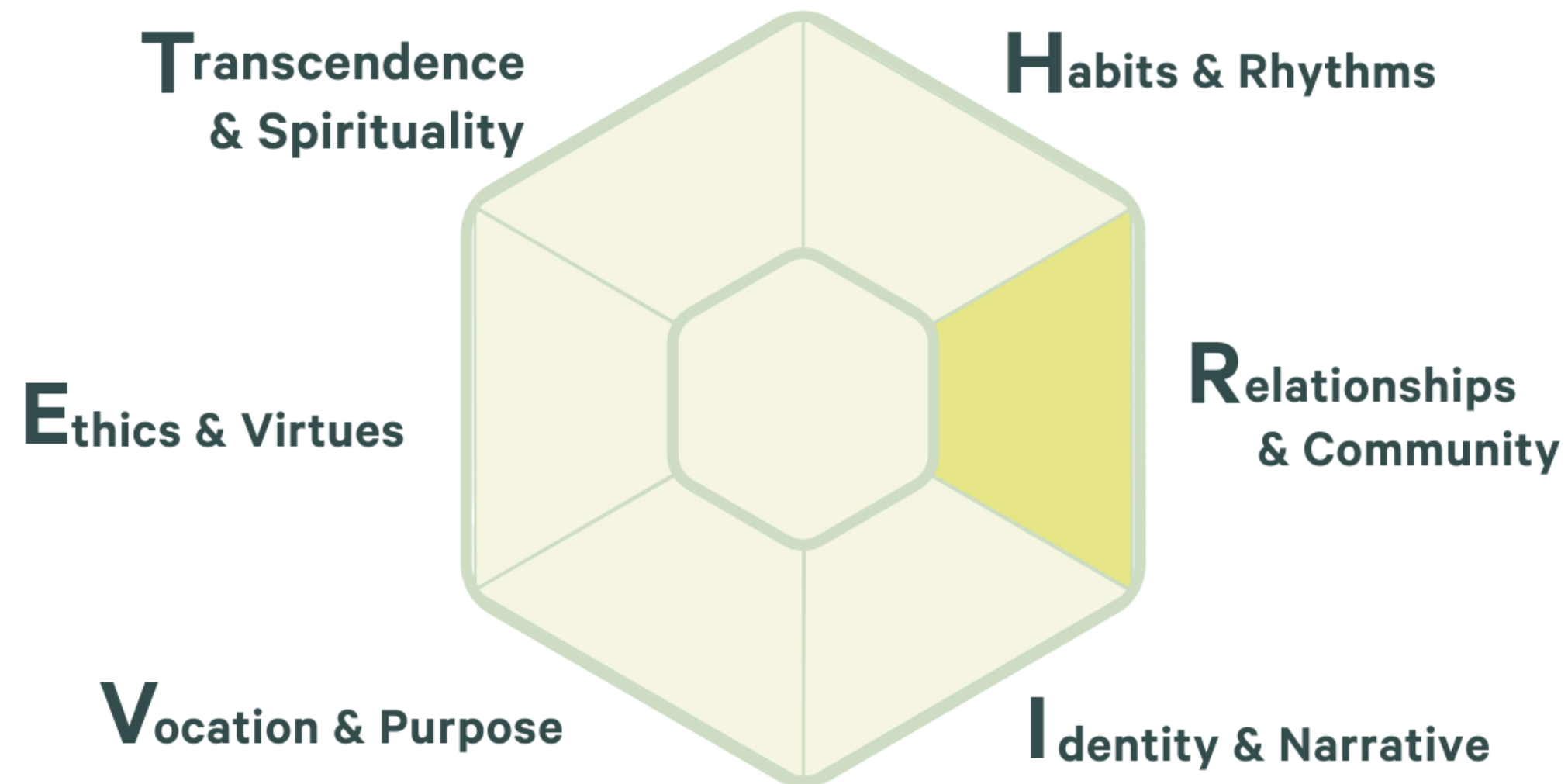
Ethics & Virtues

- As embodied persons, our spirituality is enacted.
- Spirituality is something we live out through our beliefs and behaviors.
- Essential to spiritual health and thriving is living a moral life and developing virtues like compassion, patience, and hope.
- Ethics are beliefs that inform and guide how we treat others and engage in the world.
- Ethics provide ideals - or a moral compass - that guide our attitudes and behaviors.

Ethics & Virtues

- In our complicated world, it can be difficult to consistently live into our moral ideals, so we need to develop virtues that enable us to live out our ideals.
- Virtues are like habits--we can cultivate psychological capacities so that they become automatic.
- Virtues are patterns of thoughts, feelings, and behaviors that become habits.
- Virtues enable us to respond morally in different situations, and allow us to pursue our sense of purpose.

THRIVE Spiritual Health Framework



Mental Health & Spiritual Health

- Deficit orientation
- Focus on symptom alleviation
- Individually-oriented
- Generally excludes “spiritual” resources
- Licensed required
- Asset orientation
- Focus on telos, fullness of life
- Systems/communal orientation
- Accesses sacred and spiritual resources
- Not as much regulation





Website



Thrive Center Podcast Page

A podcast that explores the depths of psychological science and spiritual wisdom to offer practical guidance toward spiritual health, wholeness, and thriving on purpose.

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