

Join the Spirituality Initiative to  
connect with

# HOPE & PEACE

*a powerful resource in the wellness and recovery of most people*

Reading an inspiring spiritual text, spending time in nature, enjoying the company of a loved one, going to a place of worship, petting an animal, stretching your body, meditating, praying, dancing, singing, drawing or writing in a journal are some activities which might help you connect with hope, meaning and joy,  
**even when things get difficult.**

The Spirituality Initiative is supported by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity and is one of nine Health Equity Initiatives. For more info and our meeting schedule, visit [www.smchealth.org/spirituality](http://www.smchealth.org/spirituality) or contact us via email at [ODE@smcgov.org](mailto:ODE@smcgov.org).



*This chart will help you think about your spirituality. Complete it and, if you want, talk about it with friends, relatives, providers, spiritual leaders and others who contribute to your wellness and recovery.*

<b>How easy is it for me to:</b>	<b>Not easy -&gt; -&gt; -&gt; Easy</b>	<b>Am I fulfilled in this area?</b>
experience hope?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
experience gratitude?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
find meaning in life?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
experience feelings of love and care?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
accept love & care?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
forgive others and myself?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
feel that I belong?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
feel good & think well about myself?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
be of service to others/ community?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
reach out when feeling sad/hurting?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
be part of a spiritual community?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
have goals, dreams, and aspirations?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No
experience a higher power?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10	Yes / No