

# Spiritual Health

Maintaining positive spiritual health during stressful times is helpful.

For general tips on spiritual health, visit [spiritualfitclub.com/spiritual-activities-self-care-begin-today](https://spiritualfitclub.com/spiritual-activities-self-care-begin-today).

The Henri Nouwen Society provides daily devotionals written by psychologists and theologians. For a free emailed daily meditation, visit [henrinouwen.org/resources/daily-meditation](https://henrinouwen.org/resources/daily-meditation).

“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.”

— Henri Nouwen



Kitty O’Meara’s poem suggests that we view this era of social distancing as a chance to undertake purposeful activities like meditation, exercise and dancing, resulting in a kind of global healing.

[irishcentral.com/culture/irish-american-teachers-poem-covid19-outbreak](https://irishcentral.com/culture/irish-american-teachers-poem-covid19-outbreak)

**The poem, “And the people stayed home,” reads:**

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

“And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

“And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”



**If you have questions, please contact your Social Worker or [MVHCaregiverSupport@state.mn.us](mailto:MVHCaregiverSupport@state.mn.us)**





***Alice Walker, author of *The Color Purple*, wrote in *Living by the Word*:***

“Some periods of our growth are so confusing that we don’t even recognize that growth is happening. We may feel hostile or angry or weepy and hysterical, or we may feel depressed. It would never occur to us, unless we stumbled on a book or a person who explained to us, that we were in fact in the process of change, of actually becoming larger, spiritually, than we were before. Whenever we grow, we tend to feel it, as a young seed must feel the weight and inertia of the earth as it seeks to break out of its shell on its way to becoming a plant.

Often the feeling is anything but pleasant. But what is most unpleasant is the not knowing what is happening. Those long periods when something inside ourselves seems to be waiting, holding its breath, unsure about what the next step should be, eventually become the periods we wait for, for it is in those periods that we realize that we are being prepared for the next phase of our life and that, in all probability, a new level of the personality is about to be revealed.”

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