

Ways to Wellness™

Integrative Medicine for Kids

SPIRITUALITY AND HEALING



What's it about? If you've ever helped build a campfire, you know there's more to it than lighting a match. Unless you have kindling, plenty of air, and lots of space, all you'll get is a smoky mess.

Building a healthy body is like that, too. When you feel sick, it's not just medicine that makes you feel better. Usually you need hugs and attention, and a quiet, calm place to rest. And it really helps when you know, deep inside, that you're being taken care of and made to feel safe and well.

Another word for that deep feeling is spirituality. It's a peaceful sense that you're part of something greater than yourself—some call it "God"—that will always take care of you. For thousands of years, many people have believed that our bodies, minds and spirits are all connected, just like the parts in a campfire. When we make our spirits feel better, we make our bodies better, as well.

How does this work? Spirituality doesn't just happen in a church, mosque or temple. It's something you can experience every day. Looking at a beautiful flower can be spiritual. So can giving someone a hug, or thinking about all the good things you have. Even asking for help can be spiritual. Spirituality simply means becoming aware that something inside is always guiding us and helping us feel we have a special place in the world.

Five ways to start If we don't know how to start feeling spiritual, we can use these five tools: faith, hope, forgiveness, love and prayer or meditation.



Faith means expecting something good to happen—not because someone told us, but because we trust that we're in good hands. Hope makes you feel positive. Instead of wishing your problems would go away, hope makes you feel like you'll get through them. Forgiveness is letting go of bad feelings toward others for things they've done. It helps you feel peaceful instead of angry inside. Love means showing others how much you care for them, and letting others take care of you.

Finally, prayer or meditation is a way we stay connected to that "higher power" that's watching out for us. When we feel sad, angry or out of control, stopping to pray—and asking others to pray for us—can help remind us that we can have hope and heal.



For more information call 612-813-7888
INTEGRATIVE MEDICINE CLINIC
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