



# Well-being

## Spirituality

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### Learning Activities

#### Activity 1: Developing a definition of spirituality.

Ask students to do the following.

1. Divide the class into small groups and ask each group to develop a definition of spirituality.
2. Bring the groups together to share their definitions with the class as a whole.

#### Note:

- Discuss whether there are similarities and differences in the definitions.
- Note which of the definitions encompass religion and which do not.

#### Activity 2: Comparing definitions of spirituality.

Ask students to do the following.

1. Divide the class into small groups and ask each group to compare the definition of spirituality they developed with those in the module.
2. Ask them to look for areas of overlap and divergence.
3. Bring the groups together for a class discussion of what they've found.

**Note:** The goal of this activity is to engage the students with the material.

#### Activity 3: Discuss the relationship between religion and spirituality.

Ask students to do the following.

1. Discuss whether the definitions of spirituality:
  - a. Encompasses their religious affiliation.
  - b. Encompasses the religious affiliation of their parents.

**Note:** The goal of this activity is to understand that spirituality may or may not encompass religion.

2. Discuss whether religion and spirituality are openly discussed in their families.

**Note:** The goal of this activity is to understand that religion and spirituality may or may not be discussed freely by families. Observe whether the family's tendency to discuss religion and spirituality freely impacts the individual student's ability to discuss freely.

3. Ask the students to discuss how comfortable they feel about discussing religion and spirituality:
  - a. With each other.
  - b. With patients.

**Note:** Being comfortable in talking with classmates about religion and spirituality will help in developing comfort with similar discussions with patients.