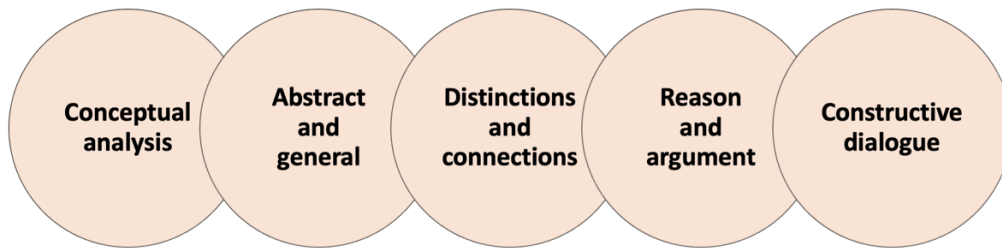


SPIRITUALITY AND MENTAL HEALTH

Reading

- Spirituality: A Very Short Introduction, by Philip Sheldrake
- The Philosophy Gym, by Stephen Law

The Philosophy Toolkit



Conceptual analysis: asking *what is it* questions (e.g., What is justice? What is the mind?)

Abstract and general: considering the abstract themes that our experiences embody

Distinctions and connections: drawing distinctions and mapping conceptual connections

Reason and argument: constructing arguments, a case, or rationale for our claims

Constructive dialogue: discussion of ideas and arguments that is critical but friendly

What is Spirituality?

We can think about this using the Philosophy Toolkit. Themes to think about include how spirituality relates to other things such as:

Religion	Science	Faith
Mindfulness	Meditation	Flow
Growth	Meaning	Consciousness
Transcendence	Love	Life

How does Spirituality relate to Mental Health?

Is there such a thing as spiritual health? If so, how does that relate to mental health?

Can we use spirituality to improve mental health? If so, how?

What is the relation between spiritual experiences and psychotic experiences?

Is spirituality relevant to your own experiences of mental health?