

# What are the benefits of a spiritual life for our kids?

## Lower stress levels

Between school and grades, isolation from a community of belonging, and pressures from society, kids are reporting feeling more stress than ever before. Stress has been connected to sleep issues, anxiety, and illness. Having a connection to a higher power has been proven to lower stress levels. Spirituality gives kids a process for meaning-making.



## Weather illnesses better

Spirituality teaches kids mindfulness tools like prayer, breath practices, and meditation. These tools help connect them to the present moment and ease their concerns. This makes coping with illnesses easier.

## Reduces anxiety and depression

Spirituality can ease anxiety by helping kids turn inward to become quiet and still and focus attention on what is happening in the present moment. A community of faith also provides a community of support and of belonging. Having a community invested in our kids well-being lowers their anxiety and risk for depression.



## Improved self-esteem

The prayer practices associated with faith and spirituality are shown to improve acceptance of our kids circumstances. From acceptance, they are able to act in ways according to their values. Acting in alignment with their values increases their self-esteem. Having high self-esteem is connected to better performance in school and better relationships.

## Happier and more grateful

Spirituality helps our kids pay more attention to their thoughts. When they are more aware of their thoughts, they notice the good things in their lives. This increases their gratitude which increases their happiness.



## Regulates emotions

Spirituality can help our kids regulate their emotions by decreasing emotional reactivity while increasing compassion for ourselves. When they engage in spiritual practices, they learn how to be present. Presence helps calm them down.

# What are the benefits of a spiritual life for our kids?

## Lower stress levels

Between school and grades, isolation from a community of belonging, and pressures from society, kids are reporting feeling more stress than ever before. Stress has been connected to sleep issues, anxiety, and illness. Having a connection to a higher power has been proven to lower stress levels. Spirituality gives kids a process for meaning-making.



## Weather illnesses better

Spirituality teaches kids mindfulness tools like prayer, breath practices, and meditation. These tools help connect them to the present moment and ease their concerns. This makes coping with illnesses easier.

## Reduces anxiety and depression

Spirituality can ease anxiety by helping kids turn inward to become quiet and still and focus attention on what is happening in the present moment. A community of faith also provides a community of support and of belonging. Having a community invested in our kids well-being lowers their anxiety and risk for depression.



## Improved self-esteem

The prayer practices associated with faith and spirituality are shown to improve acceptance of our kids circumstances. From acceptance, they are able to act in ways according to their values. Acting in alignment with their values increases their self-esteem. Having high self-esteem is connected to better performance in school and better relationships.



## Happier and more grateful

Spirituality helps our kids pay more attention to their thoughts. When they are more aware of their thoughts, they notice the good things in their lives. This increases their gratitude which increases their happiness.



## Regulates emotions

Spirituality can help our kids regulate their emotions by decreasing emotional reactivity while increasing compassion for ourselves. When they engage in spiritual practices, they learn how to be present. Presence helps calm them down.