

# Connecting Faith and Health

Promoting health, spiritual well-being and living life to the fullest




*Healing may not be so much about getting better, as about letting go  
of everything that isn't you – all of the expectations,  
all of the beliefs – and becoming  
who you are.*


Rachel Naomi Remen

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# Spiritual Well-being Survey

1. In general, how satisfied are you with your life?
    - a) Very satisfied
    - b) Satisfied
    - c) Neither satisfied nor unsatisfied
    - d) Unsatisfied
    - e) Very unsatisfied
  
  2. At this moment the word which most closely describes my life would be...
    - a) Purposeful
    - b) Hopeful
    - c) Indifferent
    - d) Challenging
    - e) Empty
    - f) None of these describe my life
  
  3. Today I am..
    - a) Experiencing a relationship change
    - b) Feeling violated by another person
    - c) Suffering with illness or depression
    - d) Experiencing important life changes
    - e) None of these
  
  4. What keeps me up at night?
    - a) Worrying about family issues
    - b) Workplace stress
    - c) Concern about the future
    - d) Personal Finances
    - e) None of these
  
  5. The main health issue I would like to see addressed in our congregation is...
    - a) Emotional self-care
    - b) Physical issues affecting my well-being
    - c) Impact of aging
    - d) Skills in coping
    - e) Healthy sexuality
  
  6. I live by my.....
    - a) Fears
    - b) Guilt
    - c) Values
    - d) Relationships
    - e) Teachings of my faith
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7. The following personal relationship issue has the most impact on my health...
- A fractured relationship
  - Death of a loved one
  - Trying to live up to the expectation of others
  - Loneliness
  - Feeling helpless or loss of control
  - None of these relate to my life
8. I suffer most with...
- Fears
  - Lack of forgiveness
  - Physical issues
  - Emotional pain
  - None of the above
9. I feel happiest when.....
- I am in a loving relationship.
  - My life has meaning
  - I am healthy
  - I am serving others
  - I am financially healthy
10. My personal relationship with God is...
- Integrated in my daily living
  - More conceptual than real
  - As a bystander in my life
  - Occasionally present
  - Not real in my life
11. To change my lifestyle, I would need support in...
- Being more physically active
  - Be less judgmental
  - Spiritual reflection/meditation
  - Minimizing stress
  - Building meaningful relationships
12. To decrease my stress I need to....
- Make time for what's important ( determine and live by priorities)
  - Reframe the expectations I have of myself and others.
  - Build meaningful relationships
  - Learn to develop realistic goals for living
  - None of the above

13. The physical issue that affects my health most significantly is.....

- a) Lacking physical activity
- b) Inability to control my weight
- c) Living with a chronic illness
- d) Making healthy food choices
- e) None of the above

14. The best medicine for my soul would be...

- a) Forgiveness
- b) A spiritual companion
- c) To love and be loved
- d) More play
- e) None of the above

**For more information about this faith-based community partnership, contact:**

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