

Purdue Global University

Creating Health and Wellness: Psychological and Spiritual Aspects of Healing

HW-420

Unit 9 Assignment

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Most people want to be happy, and each set of cultural norms have different thoughts about happiness - often shared with others in that culture. For example, take the stereotypical American dream of having a nice house in the suburbs with a white picket fence, 2.5 kids, and a Golden Retriever. This may not be as common anymore, but it was once the quintessential 1950s era dream. People spend their whole lives trying to be happy and some of them never are. It is important to get to know oneself early on but also to continue to keep doing self-discovery. What makes us happy changes as we grow and age, but as we take the time to really get to know ourselves, we will know what makes us happy. This brings us to the first question of the inventory.

What does happiness mean to you?

“To be honest, I don’t know, but if I had to say I would say peace, tranquility, stability, and an opportunity for growth” (Bakare, M 2021).

“If you do not make time for your wellness, you will be forced to make time for your illness.” -*Unknown*. This is a very powerful truth. It is important to take the time to take care of our health and wellness instead of going all the time until burnout happens. This ties into the last question on happiness because what makes us happy helps when taking the time for our health and wellness. Taking care of ourselves involves our physical body, mental health, and spiritual self. Our spiritual health is often forgotten, but it should be held to the same importance as our physical health (Siedl). This brings us to the second question.

How do you take care of yourself?

“I talk to friends, definitely. Call, text, show up at their house. I consume media, YouTube. I keep myself busy. I try to keep myself busy with one activity. If I’m in a good mental state, I’ll do all three. If I’m feeling very down, then just the first two” (Bakare, M 2021).

Often, we do not feel completely comfortable to be ourselves. Whether that be around certain people or not. There are activities or moments that allow us to truly feel like our true self. Knowing what makes us feel this way is important to know and take advantage of. This brings us to question the third question.

When do you feel most in tune with yourself?

“I guess when I know the source of my emotions and I know the solutions to any unpleasant ones” (Bakare, M 2021).

Asking the question of what needs to go and what needs to be expended upon at least once a year is important for our overall health. Just as a plant needs to be pruned of the old to make way for the new, so do our lives. This brings us to the fourth question.

What do you need more of/less of in your life?

“What do I need more of? In general, there is always a desire to date. Stability in terms of work. I have a strong support group, but it would be nice to have more stability in terms of work. What do I need less of? Family members. I need less family stress. Most of my stress, though, revolves around work” (Bakare, M 2021).

“Feel the feeling, but don’t become the emotion. Witness it. Allow it. Release it.” It is true that no one can make us feel anything because we choose how we react to everything. People that are not in control of their emotions tend to feel like they are on a roller coaster from the ups and downs they feel. In fact, people feeling out of control of their emotions tends to be one of the most common reasons for them to seek counseling in the first place (Jacobson, 2019). This brings us to the fifth question.

Are you in control of your emotions?

“For the most part. I mean I’m an impulsive person, but even when I act like I’m not in control I still know what’s going on. Being around people that can’t control their emotions is very annoying. I don’t know why people can’t control their emotions” (Bakare, M 2021).

Having a meaningful life and a purposeful life are two different things. Many things can give our lives meaning, such as having kids, friends, a hobby. Even our purpose can also give our life meaning. Without such things in our life to give us these meaningful experiences, life can be rather boring and pointless. This brings us to the sixth question.

What gives your life meaning?

“I think that good friendships have become a part of my life’s meaning now. I’ve operated as if my life doesn’t have meaning up to this point- besides my friends. I’ve already held the belief since I was a teenager that life was meaningless. I feel like I haven’t done anything significant that warrants meaning. If I had, I would say that “success” gives my life meaning” (Bakare, M 2021).

As stated above, meaning and purpose are not the same thing. Purpose is often said to fulfill meaning – our actions (purpose) are directly related to our desired impact, or meaning (Marrero, 2017). This is something that needs to be probed deeper with her in further discussions with Morayo. This brings us to the seventh question.

What do you believe is your purpose in life?

“What I want to accomplish in life is separate from my purpose in life. Why do I feel like that’s separate from what I want to do in life? Because what I want to do is be an entrepreneur and be

on a cover of a magazine so that my family will get off my back. I'm going to say something that sounds really anime-like, but my purpose in life is to revolutionize the world" (Bakare, M 2021).

This question provides a lot of useful information for a counselor. It gives a context for Morayo's motivations (get family off her back) and gives me an idea of what she believes her purpose is. This is something that needs to be explored more with her. Does spirituality have anything to do with her purpose? This brings us to the eighth question.

What spiritual practices are encouraging to you?

"Talks about the Bible in small groups. Philosophical talks and being in a non-threatening space where we can dissect the Bible. I get spiritually fueled by having discussion about the Bible" (Bakare, M 2021).

This is another very useful and informative question. Knowing that Morayo enjoys discussing the Bible can give a point of reference for what religious or spiritual practices to discuss in sessions with her. Being able to relate a patient's struggles in life to those in their religion can be a powerful way to connect. This brings us to the ninth question.

Is there God/higher power? If so, how do you describe God/higher power?

"Is there? Yes. How would I describe God? If god had to take a human shape, he would look like the Hindu Shiva form, both male and female, light and dark. I think that God is everything. All powerful, all knowing" (Bakare, M 2021).

This question is insightful as it shows her specific beliefs, which vary a lot from person to person. To truly understand someone, you need to be able to fully understand their spiritual beliefs. Also, important is to know how they view their relationship with the Higher power. This brings us to the tenth question.

How is your relationship with this higher power?

“Depends. If God was here, God would probably say normal. But since he is not here, I would say terrible. I don’t pray. I don’t go to church. I still think of him as a fascinating entity”

(Bakare, M 2021).

Conclusions

In interviewing Morayo, it became clear through her words and through her expressions that she wishes she had a more active relationship with God. In addition, she struggles to identify her purpose in life and its impact on others around her. Identifying a sense of purpose in her life would be greatly beneficial to her. This could take the form of additional questions, or just diving deeper into discussion over what Morayo believes that purpose, in an abstract sense, truly is.

The questions asked provided a good start for understanding someone’s spiritual health. As someone who wants to become a counselor, asking questions like these at an intake session would help. Mental Health and Spiritual health are closely intertwined, so identifying a person’s beliefs and attitudes towards a higher power is important.

References

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