



LIFE SKILLS (SPIRITUAL HEALTH) (EQUANIMITY, MINDFULNESS, AND SELF-AWARENESS)

OVERVIEW

Life skills relating to spiritual health include equanimity, mindfulness, and self-awareness. Each of these skills can be learned and are commonly utilized in the practice of meditation. In addition to spiritual health, developing these skills can directly impact one's mental and social health as well.¹

Equanimity is a term meaning "even mind." The ability to remain even-tempered, particularly under stressful or challenging circumstances represents a level of inner peace that comes with equanimity.² Closely related to equanimity, mindfulness is the act of focusing on what is being experienced in the present moment.³ A key component of mindfulness is to attend to and accept these experiences without passing judgement about the feelings, senses, and thoughts and whether they are positive or negative.⁴ In a similar way, self-awareness is the ability to see oneself clearly. This includes recognizing abilities and limitations, beliefs, emotions, and thoughts. This awareness can solidify perceptions about oneself and influence interactions with others.⁵

RESOURCES

1 <http://www.themindfulword.org/2011/equanimity-higher-state-happiness/>

2 <https://www.merriam-webster.com/dictionary/equanimity>

3 <https://www.psychologytoday.com/basics/mindfulness>

4 <http://greatergood.berkeley.edu/topic/mindfulness/definition>

5 <http://www.pathwaytohappiness.com/self-awareness.htm>

ADDITIONAL INFORMATION

For more information, tools, and resources about self-awareness and mindfulness, visit:

<https://hbr.org/2015/02/5-ways-to-become-more-self-aware>

<https://itunes.apple.com/us/app/mindfulness-app-meditation/id417071430?mt=8>

<http://www.mindful.org/meditation/mindfulness-getting-started/>

<https://www.psychologytoday.com/blog/turning-straw-gold/201105/how-cultivate-equanimity-regardless-your-circumstances>

<https://www.psychologytoday.com/blog/what-is-your-true-north/201509/know-thyself-how-develop-self-awareness>

<http://www.spiritualityandpractice.com/practices/features/view/17965/be-like-the-mountain>