

## Value transcendence and spirituality

*“When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been aligned first with their spiritual nature and only then with their physical selves.” Albert Einstein*

Resilient families find meaning, purpose and connection to something beyond themselves, their members, and their immediate problems. This may be defined as the family's moral and spiritual values that are their source of strength. Many families find strength, comfort, and guidance in adversity through their connections with cultural and religious traditions. Families may also find spiritual nourishment through such things as a deep connection with nature, music, or art.

By seeing themselves as part of something bigger than themselves families are able to take a larger view of the crisis that they are experiencing, which can lead to a heightened sense of purpose in their lives.



***“Be resilient: stretch, bounce back and roll forward.”***

*Resiliency Reminders are brought to you by the “Families in Stress and Transition Team”, Family Living Programs. For more ways to strengthen family resiliency, visit <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, [patrick.ducharme@uwex.uwc.edu](mailto:patrick.ducharme@uwex.uwc.edu)*