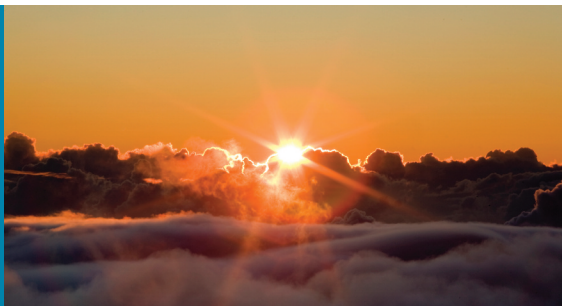




Online
My Health, My Care: 24/7 Access to VA

HEALTHY LIVING ONLINE

My HealthVet's Spirituality Center

Many people go through life without giving much thought to what makes it meaningful. They rarely think about the people and things that give them a sense of purpose and hope. Others, however, have thought about these things carefully and have decided to rearrange their priorities. By doing so, they have found greater satisfaction with life, more fulfillment, and enhanced well-being.

People find meaning in many different ways. The My HealthVet Spirituality Center offers you ideas and activities others say have given them strength, courage, and hope. You may like and benefit from trying some of them or you might decide some are simply not for you. This Center was developed for a very wide variety of people, faith groups, and beliefs. Go online to learn more and adapt what you feel may improve your overall health, sense of balance, and wholeness.

How to find the My HealthVet Spirituality Center

Log onto My HealthVet at www.myhealth.va.gov

- ★ Click "Go to My HealthVet, Enter Here" button
- ★ Click **Research Health**
- ★ Click **Healthy Living Centers**
- ★ Click **Spirituality**

www.myhealth.va.gov

Spirituality Center Online

- Watch a video about spirituality and the meaning of life
- Better understand what is important in your life
- Explore how you react to tragic and potentially life-changing events
- Discover how the body, mind, and spirit work together for health
- Learn and practice new spiritual skills and behaviors
- Understand how you and your Chaplain can address your spiritual concerns
- Caregivers can learn ways to respect the spirituality of the person for whom they care

If you are a Veteran and have questions or concerns about spiritual issues, please contact a VA Chaplain. Every VA Medical Center has a Chaplain available to talk.

Go to www.va.gov to find your nearest VA Medical Center.



Veterans Health Administration
Office of Health Information

www.va.gov

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