

Special Issue

Spiritual Health: A Core Dimension of Holistic Well-Being

Message from the Guest Editors

Spiritual health is an essential component of holistic human well-being, encompassing physical, mental, emotional, and social dimensions. It significantly influences quality of life, resilience in the face of adversity, and the development of meaningful relationships. Spiritual health is not limited to religious beliefs but involves a deep connection with oneself, with others, with nature, and, for many, with a transcendent or divine dimension. This holistic approach recognizes that spirituality can manifest itself in all areas of life: in the family environment, at work, in the community, and in self-care. Fostering spiritual health involves cultivating values such as compassion, gratitude, forgiveness, hope, and a sense of purpose in life. These qualities, when integrated into daily life, strengthen mental health, reduce stress, and promote more conscious and ethical decisions. Scientific evidence supports the positive impact of spirituality on recovery from illness, the prevention of psychoemotional disorders, and the improvement in overall well-being.

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We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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