

May is Mental Health Awareness Month

The Basic Principles of a Healthy Emotional and Spiritual Life

by Fred Cavaiani (LMFT, LLP, Family of Parishes Mental Health Steering Committee)

Every good athlete practices healthy exercise on a daily basis. Every good team does the fundamentals of their sport consistently. The principles of a healthy emotional and spiritual life are based on daily prayer and meditation, daily consistent exercise, and a consistent sharing of our feelings with other people. When we speak with judgmental or condemning words, we block God from helping and healing us. When we become angry, we are hiding from the hurt and pain we need to feel.

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The Saints all had two things in common: 1) much time spent in prayer and meditation; and, 2) pouring love into other people by kind words and actions. So simple, yet so often ignored by all of us. Spend a minimum of fifteen minutes a day in meditation. When anxious, stop and experience the present moment by whatever you see and whomever you see. There, God is present. And you will feel calmer. Take some daily time for exercise, and your body will feel better. A peaceful and meaningful life will always be based on prayer and meditation, love and kindness toward everyone, and living only in the present moment. It becomes a glorious way to live!

Helpful Tools for Meditation and Reflection

Sign up to receive a daily reflection via text, or get a meditation emailed to you each morning.... Listen to a Bible-in-a-year podcast with daily reflections, or download an app with soothing music and meditations.... Try something new to help you slow down, breathe deeply, and be present in the moment!

- **Fred Cavaiani** sends out short daily **reflections via text**... email him with your cell phone number and he will add you to his list: fredcavi@yahoo.com.
- Visit the www.morningoffering.com website for a daily verse, **meditation**, and related saints—or sign up to receive daily **emails**.
- Go to DailyCatholicGospel.com to sign up for a daily Gospel with **reflection** by Bishop Barron to be **emailed** daily.
- **Fr. Mike Schmitz** is your go-to if you are looking for an **up-beat**, motivational and inspirational **podcast**—he shares material via several platforms (AscensionPresents.com, BulldogCatholic.org, CatholicConnect.co)—google him for podcasts, homilies, daily ‘Bible-in-a-year’ readings and reflections, and more.
- [Hallow – The #1 Catholic Meditation, Prayer & Sleep App](#) —invest in this **app** to unlock 500+ **prayers and meditations** on finding calm, growing in humility, re-discovering the Saints, and falling asleep to Scripture.
- **Laudate**—a free Catholic app with **scripture, prayers, reflections**, and more...



‘Friend’ Fred Cavaiani on Facebook to find posts of his latest reflections—like this one:

“There is an internal freedom and a deeper and gentle opening up to God when I let go of any investment in how the world should be or how other people should be. My purpose in life is to simply bring LOVE to other people. This helps others and myself to become receptive to GOD’S LOVE. ‘God’s Love is everlasting.’ I must stay open, broken and receptive to this amazing LOVE. An abundance of quiet time with God is so profoundly helpful.

I think that life is meant to be a consistent awareness and experience of God. God is always approaching me and inviting me to a deeper union. When I listen and become receptive, I discover meaning and inner peace. When I don’t listen, tension arises because I am then running away from the SOURCE OF PEACE AND LOVE. I then begin to run away from myself. Yes, again that quote surfaces within me, ‘OUR HEARTS ARE RESTLESS UNTIL THEY REST IN YOU, O GOD.’ So true.”