

# RELIGION & POSITIVE PSYCHOLOGY

with  
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RESEARCH on the  
RELATIONSHIP between  
Religion / Spirituality &  
well-being is **SMALL**  
BUT **CONSISTENT**

1 IT IS  
IMPORTANT  
to FEEL  
CONNECTED...

ISN'T IT  
FASCINATING  
HOW A SET OF  
BELIEFS & PRACTICES  
CAN IMPACT SOMETHING  
AS IMPORTANT AS

WELL  
-BEING?

2 TO EXPERIENCE  
S-E-L-F  
TRANSCENDENT  
EMOTIONS

(AWE, WONDER,  
GRATITUDE)



IN GOOD TIMES,  
PEOPLE LOOK TO  
IT TO GROW-  
(SELF-ACTUALIZE)

IN BAD TIMES,  
PEOPLE MAY  
LOOK TO RELIGION  
FOR HELP.

WHY IS THAT?  
THERE ARE MANY  
POSSIBLE ANSWERS:

ORGANIZED  
RELIGION &  
A SPIRITUAL  
PRACTICE  
SERVES A  
PSYCHOLOGICAL  
FUNCTION



ESTABLISHES  
SOCIAL  
SUPPORT



CREATES  
MEANING



ENABLES  
SENSE OF  
CONTROL



PRESCRIBES  
HEALTH(IER)  
HABITS  
(e.g. drinking in  
moderation)

ALL FACTORS THAT INFLUENCE

A MIND-  
BODY  
CONNECTION



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