

Consideration of Spirituality in Working with AANHPIs

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Introduction

- Almost 2/3 of AANHPIs say they consider religion has a very important role in their lives
- Filipino and Korean Americans are the most religious ethnic groups in the U.S.
- AANHPIs have more face to face interaction at religious congregations than at any other site



Spiritual Social Networks



- Religious congregations often serve as ethnic community centers
- Provide a sense of belonging and connection
- Offer support and resource referral

Coping Practices

- Spiritual practices provide coping mechanisms
 - Meditation
 - Prayer
 - Breathing
 - Music



Meaning and Hope



- Spirituality helps individuals make sense of their circumstances
 - God's will
 - Karma
 - Fate
- Spirituality encourages agency and empowerment