OTHER CONSIDERATIONS

Spiritual well-being has been found by researchers to assist in achieving psychological and physical well-being. Factors that have been called "Fruit of the Spirit" have been found, when present in people's lives, to create the highest level of overall well-being.

These include a sense of:

- **Peace**
- **Patience**
- **Kindness**
- **Gentleness**
- **Love**
- **Joy**
- **Thankfulness**
- **Service**
- **Faith**
- **Goodness**
- **And the Ability to Do the Right Thing**

