



Spirituality and Well-being Among Young People as a Path to Resilient Relationships



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Interest in happiness and spirituality is currently booming in both European and global contexts. The interpretation of these terms varies widely, as well as the understanding of the relationship between the two. In this talk, I reflect on the importance of addressing the topic of young people's well-being in the context of spirituality today. Drawing on classical and contemporary conceptions of happiness and well-being, I argue that spirituality will help young people to navigate their own uncertainties, enabling them to build more resilient relationships and providing them with support in future crisis situations.

Rastislav Nemec is Professor of Civics and Philosophy in the Faculty of Education at Trnava University in Slovakia. He specializes in ancient conceptions of happiness and their relevance to contemporary spirituality and well-being.

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