

SPIRITUALITY

Spirituality is an integral component of healing. It is a source of strength in the presence of distress. It is at the heart of our well-being. It enriches all aspects of our life: physical, mental, emotional and community.

Spirituality is a life force that promotes hope, encourages healing, and helps us to embrace ourselves and others. Spirituality is expressed in the attitudes, beliefs, and practices that influence people's lives. Spirituality enables us to experience the transcendent or higher power.

Spirituality involves family and friends. It embraces fullness, meaning, love and hope in the journey.



SPIRITUAL & PASTORAL CARE SERVICES

For people of all religious beliefs and for those without a faith community.

Pastoral Care at the Valley Regional Hospital

**Coordinating Chaplain
(902) 679-2657
Ext 2252**



The Foundation is proud to be the funding partner of Pastoral Care Services at VRH



(Adapted with permission from a brochure developed by David Morrison Ph.D., Spiritual Care Department, Queen Elizabeth Hospital PEI)

Summer 2005



CARING for the Whole Person

**Well-being
And Spirituality**



Spiritual Care Services

- ✓ **Healing**
- ✓ **Meaning**
- ✓ **Accepting**
- ✓ **Reconciling**



SPIRITUAL NEEDS

MEANING- Who am I? Why is this happening?

PURPOSE- When do I feel most alive?

COMMUNICATION- With whom and how can I be open and honest?

BELONGING- Who cares for me?

HOPE-Where does my hope lie?

VALUES- What are my guiding principles?

CREATIVITY- Do I feel free to shape my own path?

RELATIONSHIPS- How do I see myself now in relationship to myself and others?

FORGIVENESS- Am I forgiving and forgiven?

SYMPTOMS OF SPIRITUAL DISTRESS

- | | |
|----------------|-----------------|
| √ Fear | √ Grief |
| √ Pain | √ Withdrawal |
| √ Anxiety | √ Isolation |
| √ Confusion | √ Resentment |
| √ Depression | √ Disbelief |
| √ Anger | √ Conflict |
| √ Hopelessness | √ Regret |
| √ Loss | √ Loneliness |
| √ Apathy | √ Powerlessness |
| √ Shame | √ Emptiness |
| √ Guilt | √ Abandonment |

SPIRITUAL WELL-BEING

Spiritual well-being is an ongoing relationship between:

Love and Loneliness
Gratitude and Suffering
Acceptance and Denial
Openness and Shame
Courage and Fear
Peace and Anxiety

As members of the health care team, pastoral and spiritual care practitioners are trained to respond to persons who are experiencing spiritual distress by:

- Listening and facilitating communication
- Assessing spiritual needs and concerns
- Providing spiritual care and counseling
- Supporting those facing crisis situations
- Exploring faith and mortality
- Responding to religious needs
- Contacting faith community representatives when requested
- Exploring possibilities for reconciliation
- Leading support groups
- Guiding through grief process

SPIRITUAL SELF-TEST

1. I have close friends with whom I feel secure.
Yes No
2. I have a sense of purpose that gives my life meaning.
Yes No
3. I am open to possibilities.
Yes No
4. I make choices that positively affect my life.
Yes No
5. I am honest with my feelings and thoughts.
Yes No
6. I feel that my life is sacred.
Yes No
7. I can forgive myself and others.
Yes No
8. I am comfortable with myself and others.
Yes No
9. I face changes in my life readily.
Yes No
10. I look forward to tomorrow.
Yes No

If you have answered "No" to one or more of these statements, and would like to discuss this with a spiritual care provider, please call us. Absolute confidentiality.
