

What is Spirituality?

Spirituality means different things to different people.

It describes how we make sense of our lives, find purpose and hope.

For some, it involves a recognised religious faith, for others, it is a more individual spiritual belief.

For many it involves finding a deep sense of connection with self and others, and a powerful awareness of something greater, outside ones-self, (the transcendent)

Why is it important?

A healthy spirituality can provide comfort, joy and meaning especially in times of crisis and loss

It can help to prevent burnout and stress.

It can assist mental health recovery and give a sense of connectedness

Some people have specific problems with their spirituality which can interfere with recovery

What does it mean in practice?

Our spirituality gives us our values and affects the way we live our lives

It often includes daily activities which give us joy and can include religious or spiritual practices which can strengthen faith.

Private prayer is the most common activity for all, whether religious or spiritual.

Some people join with a religious faith community, to worship together with others.

Those with an individual belief, develop their own practices, which include meditation, enjoying nature, or being creative

The Spiritual Care Team is an inclusive group of people who specialise in Spiritual Health care.

We have Spiritual Care Practitioners and Chaplains from most major faiths and perspectives, as well as those working from wider spiritual perspectives.

For service users, carers and staff we offer:

- To listen in confidence, without judgment or criticism
- Someone to support you with spiritual / religious issues and struggles
- Inspirational resources
- Special events to celebrate festivals
- Links with local faith communities
- Faith-specific support and services
- Advice and support
- Religious sacraments

Contact us at:

bsmhft.spiritualcare@nhs.net

Or

Speak to a member of staff to contact us on your behalf



Your Spiritual Wellbeing

Consider...

Ask...

Reflect...



Your Spiritual Wellbeing

A personally meaningful spiritual/religious belief which is experienced from within.

The following words can be used to explore what this might mean to you personally



Ask...

What gives me hope ,
comfort and meaning?

Do I have any
beliefs that are
important to me?

Consider....

Who am I ?

What is important to me?

What do I turn to in times of difficulty?

How do I explain my current situation?

Ask...

What spiritual
practices
do I find helpful?

How might my
beliefs affect the
care I need?