

Spiritual Health



Spiritual Resources can provide a person with meaning, comfort and hope. They are unique for each person and may include: walking, hiking, nature, music, art, creativity, family, friends and relationships, meditation, prayer, sacramental care, belonging to a supportive community, belief in God, something bigger, religious services, yoga, reiki, healing touch, tai chi, holy writings, singing, scripture, reading, traditional healing, journaling, support groups, traditions and what's important to you...

Spiritual Health

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**Health and Well-Being.
Every Person. Every Community**



**NL Health
Services**

(For Western Zone Use only)

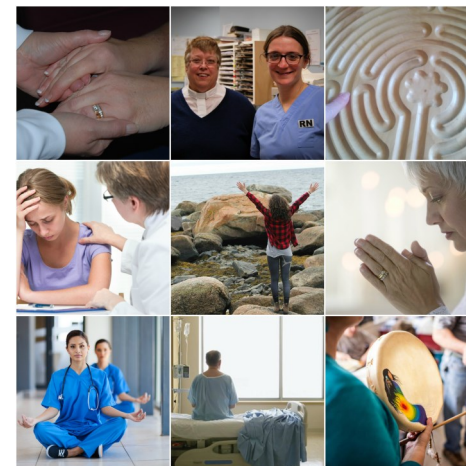
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Spiritual Health

Encompassing your thinking, beliefs, behavior and culture as a means to seek health and wellness for your body, mind, relationships and soul.

Health and the Human Spirit, 2012.



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Spiritual Care

Finding meaning, connection, and support.

Spiritual care is naturally person centered as it identifies beliefs, values, communicates this to the team, and meets patients' and families' spiritual and emotional needs."

Journal of Palliative Medicine, 14.1
704-707. (2011)

Why Spiritual Care?

Spiritual Distress is a response to a disruption of a person's core spirituality or a lack of spiritual well-being. It is a conflict between an individual's belief system and lived reality.

When to call Spiritual Health?

Situations that may cause spiritual distress include: waiting for a diagnosis, major or repeated setbacks, pain, making decisions on behalf of others, wishing for a ritual of their faith, compassion fatigue, beliefs that don't support treatment recommendations, and ...the list can go on depending on the individual and situation.



Spiritual Needs

Addressing spiritual needs may result in:

- Increased ability to cope with pain, nausea and discomfort
- Lowered blood pressure
- Decreased anxiety, depression, loneliness and anger
- Shorter hospital stays

