


Spirituality in Healthcare

A glowing white lotus flower is the central focus, set against a deep blue background. The flower is illuminated from within, creating a bright, warm glow. Numerous small, sparkling light effects are scattered around the flower, particularly concentrated above it, giving the scene a magical and ethereal quality. The overall composition is serene and contemplative.

*Presented by Rev. Dr. Lancelot Waldron
& Sherrylyn Waldron, MSN, RNC-OB*



Spirituality in Healthcare



Understanding spirituality

- Define spirituality
- Compare spirituality and religion
- Meaning, purpose, and connection in life.



Spirituality in Healthcare



“Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature.”

Dr. Maya Spencer



Spirituality in Healthcare



3 C's of Spirituality

Connection to something greater than yourself

Compassion or “feeling with” ourselves, others and the world

Contribution or service to others



Spirituality in Healthcare



Understanding spirituality

- Define spirituality
- Compare spirituality and religion
- Meaning, purpose, and connection in life.



Spirituality in Healthcare



Spirituality vs. Religion

Aspect	Spirituality	Religion
Definition	Personal, individualized sense of connection to something greater than oneself.	Structured system of beliefs, practices, and rituals centered around a higher power or deity.
Beliefs	Often non-dogmatic, open to various interpretations and paths.	Defined set of beliefs and doctrines to be followed.
Practices	Personal practices such as meditation, yoga, or mindfulness	Formal rituals, worship services, and ceremonies.



Spirituality in Healthcare



Spirituality vs. Religion (cont.)

Aspect	Spirituality	Religion
Community	May or may not involve a community; often pursued individually.	Emphasis on community and congregational activities.
View of the Divine	Often seen as immanent, within oneself and the universe.	Often seen as transcendent, separate from the individual and universe.
Inclusivity	Generally inclusive, accepting multiple paths to truth	Can be exclusive, with specific paths to truth and salvation.

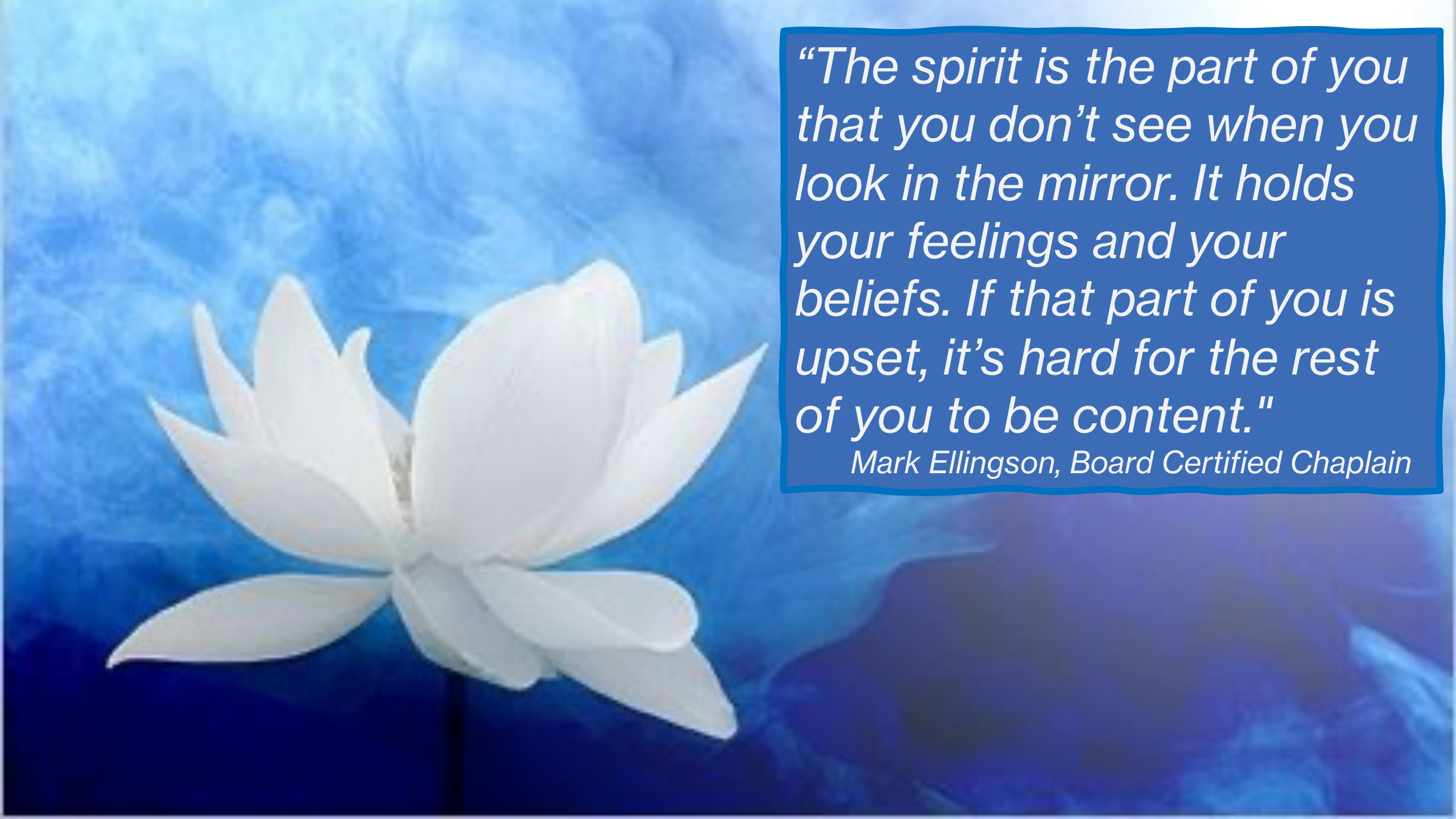


Spirituality in Healthcare



Understanding spirituality

- Define spirituality
- Compare spirituality and religion
- Meaning, purpose, and connection in life.



“The spirit is the part of you that you don’t see when you look in the mirror. It holds your feelings and your beliefs. If that part of you is upset, it’s hard for the rest of you to be content.”

Mark Ellingson, Board Certified Chaplain

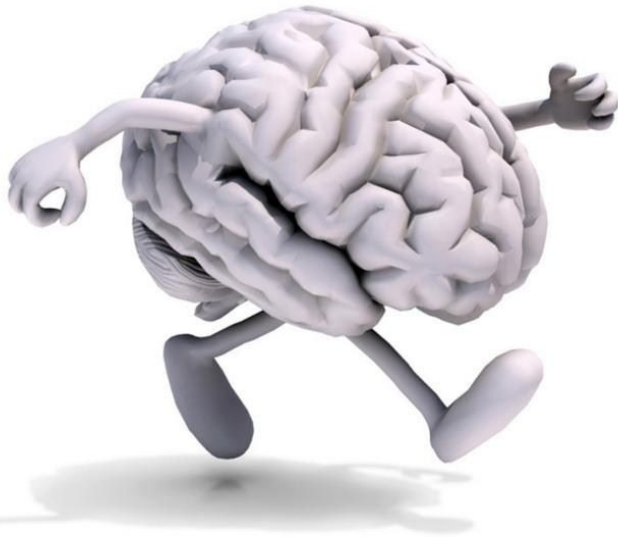


Spirituality in Healthcare



Mind and Body Connection

Healthy Body Healthy Mind



www.pathtosynergy.com



**Two way
relationship
where the mind
and body
influence
each other.**



Spirituality in Healthcare



Spirituality acts as a buffer against stress.

Stress is what happens in your body in response to a stressor (event).

Our brain releases **cortisol** in response to **stress** or **oxytocin** in response to **pleasure**.



Spirituality in Healthcare



Spirituality's Impact on the Mind-Body Connection

- **Stress reduction**
- **Higher levels of resilience**
- **Coping mechanisms**
- **Cultural and individual variations**
- **Physiological effects on the body**

*"The dis-ease in your
mind results in
disease in your body."*



Spirituality in Healthcare



Spirituality's Impact on the Mind-Body Connection

- **Stress is a physical reaction**
 - **Decreases immunity by changing blood cell function**
 - **Diminished response of WBCs to disease and infection leading to slower rate of healing**
 - **Continual fight or flight state can lead to high blood pressure, diabetes and digestive disorders**



Spirituality in Healthcare



Spirituality's Impact on the Mind-Body Connection

Stress is a physical reaction

- **Difficulty making decisions**
- **Memory lapses**
- **Procrastination**
- **Inefficiency**
- **Mood swings**
- **Physical symptoms on work days**

"By focusing and controlling our breath, we can change how we think and feel. We can use the breath as a means of changing our emotional state and managing stress".

***Tommy Rosen, yoga teacher
and addiction recovery expert***





Spirituality in Healthcare



Spirituality's Impact on the Mind-Body Connection

- **Stress reduction**
- **Higher levels of resilience**
- **Coping mechanisms**
- **Cultural and individual variations**
- **Physiological effects on the body**

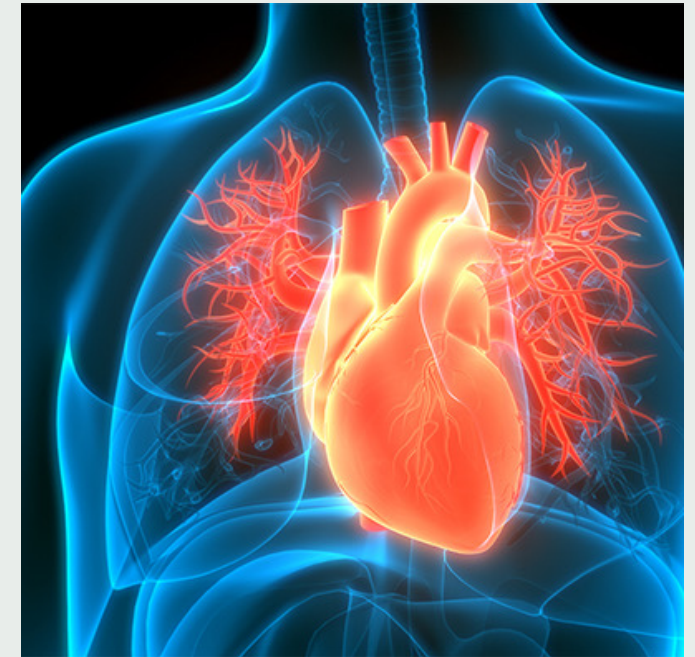


Spirituality in Healthcare



Physiological Effects of Spirituality on the Body

- **Decreased blood pressure**
- **Improved immune function**
- **Faster recovery from illness**
- **Pain management**
- **Stress reduction and hormonal balance**
- **Brain changes**





Spirituality in Healthcare



Strategies to Improve the Mind-Body Connection

Reduce stress

Cognitive Behavioral Therapy – CBT

Yoga

Imagery

Mindfulness – Equanimity

Nutrition



Spirituality in Healthcare



Strategies to Improve the Mind-Body Connection

Reduce stress

Cognitive Behavioral Therapy – CBT

Yoga – increases GABA (gamma-aminobutyric acid)

Imagery

Mindfulness – Equanimity

Nutrition



Spirituality in Healthcare



Mindfulness – Equanimity

- **Meditate**
- **Live in the present**
- **Cultivate a positive mindset**
- **Develop love for yourself**
- **Practice self-care**
- **Visualize a peaceful place**
- **Learn to breathe effectively**
- **Access nature**
- **Be grateful**
- **Work on acceptance**
- **Practice non-judgement**
- **Foster deeper connections**



Spirituality in Healthcare



Strategies to Improve the Mind-Body Connection

Reduce stress

Cognitive Behavioral Therapy – CBT

Yoga

Imagery

Mindfulness – Equanimity

Nutrition



Spirituality in Healthcare



Ways to Decrease **Cortisol** Levels

- **Eat a whole-food plant-based diet**
- **Add supplements – magnesium, Vitamin B-12, folic acid, Vitamin C**
- **Take deep breaths – 5 minutes, 3-5 times a day**
- **Reduce caffeine – rely on caffeine due to extreme tiredness**
- **Get adequate sleep – need 7-8 hours of sleep**
- **Exercise regularly – 30-50 minutes a day**
- **Write in a journal – relive happy thoughts, purge stressful thoughts**
- **Hobbies – playing an instrument, drawing, crafting, gardening**
- **Get outdoors – calming effect**




Spirituality in Healthcare



Integrating Spirituality in Healthcare

- **Holistic approach**
- **Spiritual assessment**
- **Chaplaincy services**



“Health care professionals must likewise recognize when their own values raise dilemmas in their practice of medicine and must be able to deal with issues that may arise from their own right of conscience.”

Robert Orr, MD



Spirituality in Healthcare



Spiritual Assessment Tool

- **F**aith, belief, meaning
- **I**mportance and influence
- **C**ommunity
- **A**ddress/Action in Care



FICA History

F = Faith: Do you have spiritual beliefs that help you cope? If the patient responds “no,” consider asking: What gives your life meaning or hope?

I = Importance: Have your beliefs influenced how you take care of yourself in this illness?

C = Community: Are you part of a spiritual community? Is this of support to you? If so, how?

A = Address: How would you like me to address these issues in your healthcare? Are there any spiritual resources you might need?



Spirituality in Healthcare



Integrating Spirituality in Healthcare

- ***Chaplaincy Services***
 - ***Spiritual Care and Counseling***
 - ***Ethical and Moral Consultation***
 - ***Rituals and Religious Practices***
 - ***Staff Support and Well-being***
 - ***Crisis Intervention***
- ***Cultural and Ethical Considerations***



Spirituality in Healthcare



Practical Applications


Strategies/Self-care for Patients and Staff

- **Morning rituals/Evening reflections**
- **Prayers and affirmations/Gratitude**
- **Guided Meditation**



Guided Meditation

Spirituality in Healthcare

A glowing white lotus flower is centered on a body of water. The flower is illuminated from within, creating a bright, warm light that radiates outwards. Numerous small, sparkling light particles are scattered around the flower, some appearing to fall from above. The background is a soft, teal-blue gradient. The overall effect is serene and spiritual.

Questions & Answers