

RHA Central

We at RHA Central understand that, for some, spirituality can play an important role in the provision of health care.

Accordingly, we have in place a Regional Spiritual Health Care Advisory Committee whose aim is to integrate spirituality into the healthcare system throughout Central Region.

This information is provided by the Regional Spiritual Health Care Advisory Committee with a vision to raise awareness, provide education and develop tools as a means to integrate spirituality throughout Central Region.

Spiritual Well-Being

Spiritual well-being is an ongoing relationship between:

- Fear and Trust
- Self-pity and Gratitude
- Resentment and Acceptance
- Dishonesty and Honesty
- Shame and Self-Acceptance
- Isolation and Community

Healthcare staff may respond to persons who are experiencing spiritual distress by:

- Listening
- Encouraging
- Companionship
- Comforting
- Assessing spiritual needs
- Responding to religious needs by contacting faith community representatives when requested

Ingredients that Strengthen Spiritual Well-Being

1. Have close friends with whom you feel secure.
2. Seek a sense of purpose that gives meaning to your life.
3. Be open to possibilities.
4. Make choices that positively affect your life.
5. Be honest with your feelings and thoughts.
6. Believe that your life is sacred.
7. Forgive yourself and others.
8. Feel comfortable with yourself and others.
9. Be open to changes in your life.

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Spiritual Needs

Spiritual needs of all people:

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?

Valuing:

- 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 forgiven and forgiving?

Spirituality

Spirituality is a life force that promotes hope, encourages healing, helps us to embrace others and enables us to experience a source of strength beyond ourselves.

Spirituality is expressed in the attitudes, beliefs, and practices that influence people's lives.

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 and enriches all aspects of our life: physical, mental, emotional, and relational.

Symptoms of Spiritual Distress

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

Caring for the Human Spirit



What is the difference between Spirituality and Religion?

Spirituality relates to our human spirit; it is about our connectedness with each other and with our Source of Life.

Religion has to do with how we practice our spirituality, which is expressed through various religious beliefs, practices and rituals.