

SPIRITUAL & MENTAL HEALTH CARE

The multi-disciplinary care team can ask these questions:

Exploring a person's spirituality:

- ✿ What gives your life meaning?
- ✿ What is important to your sense of self and what you value?
- ✿ What sources of support do you turn to?
- ✿ Are there any spiritual practices, rituals, communities or places you find helpful?

MISTIC Toolkit, 2021

Assessing spirituality in mental health care:

- ✿ What ways does spirituality contribute to the problem?
- ✿ What ways could it be part of the solution?

Pearce & Pargament, 2018



Spiritual needs can be fulfilled by:

- ✿ exploring one's inner world
- ✿ having beliefs and values that offer meaning and hope
- ✿ connecting with self, others, nature and something bigger
- ✿ expressing love, compassion and forgiveness
- ✿ experiencing transcendence
- ✿ exploring ritual, symbol, metaphor

Holm, 2023



Spiritual beliefs and practices have a positive impact on mental health and wellbeing because they help us:

- ✿ cope with adversity
- ✿ feel positive, optimistic and happy
- ✿ have a sense of hope, meaning and purpose
- ✿ increase self esteem
- ✿ have a sense of control
- ✿ increase social connection and support

Koenig, 2012