

## What is spirituality?

Spirituality has to do with the values that we hold most dear, our sense of who we are and where we come from, our beliefs about **why** we are here – the meaning and purpose that we see in our work and our life - and our sense of connectedness to each other and the world around us. Spirituality can also have to do with aspects of our experience that are not easy to define or talk about, such things as intuition, inspiration, the mysterious and the mystical.

-Source unknown




What about in palliative care?


What is spiritual pain?

How do we accumulate spiritual pain?  
Human doings!

How do we accumulate spiritual pain?  
Old scars.



How do we accumulate spiritual pain?  
New situations




How do we accumulate spiritual pain?  
Life transitions

How do we deal with spiritual pain?


“We don’t learn anything from our  
experience.  
We only learn from reflecting on  
our experience.”  
- Robert Sinclair

How do we deal with spiritual pain?  
The Road Less Travelled

How do we deal with spiritual pain?  
Thinking patterns



How do we deal with spiritual pain?  
Meaning and purpose.



How do we deal with spiritual pain?  
A new road map.

How do we deal with spiritual pain?

The talking cure.

How do we deal with spiritual pain?

Reflect, pray, journal, weep,

be loved through it.

How can we help people process their  
spiritual pain?

Be there

How can we help people process their  
spiritual pain?

Touch

How can we help people process their  
spiritual pain?

Be honest

How can we help people process their  
spiritual pain?

Call in the chaplain

How can we help people process their  
spiritual pain?

Be attuned spiritually yourself