COMMISSIONED CORPS
OF THE U.S. PUBLIC HEALTH SERVICE

Spiritual Health and Wellness

Fact Sheet





Remember as a griever and supporter there is strength with spirituality

Griever

- **Be gentle to yourself**
- **Take Care of Yourself**
- **Talk to someone**
- **Connect with others**

Supporter

- **Know that support is different from comforting.**
- **Listen and accept what they are saying**
- **Be consistent: Offer ongoing support**
- **Don't make things about you**
- **Show concern and listen**
- **Don't judge the loss**

Navigating Grief Through Spiritual Strength

- Spirituality refers to the human experience of seeking meaning, purpose, and connection with something greater than oneself.
    - This should not be confused with religion, which is a set of beliefs, practices and values that are shared by a community of people who are united by a common faith or tradition.
- Spiritual wellness is connecting your inner and outer worlds to support you in living your values and purpose.
    - In other words, do you have a sense of meaning in your life and know that you have purpose to fulfill.
- Find spirituality through what ever brings you peace. This could included connecting with nature, art, faith or a community, and for some reaching out to a higher power.

Take Action

- Meditate- the practice helps relax the body, quieting the mind. Deep breathing, mindfulness. and visualization are examples of interconnected relaxation techniques
- Speak to someone you trust -anyone who will listen and not judge
- Focus on your hobbies - do something for you that bring's you joy
- Spend time in nature-get outside, go on a walk
- Journal- write down your thoughts and feelings
- Practice yoga- practice integrates mind, body and soul together
- Volunteer to help others - giving back can connect you with others

Resources

- American Psychological Association. (n.d.). Culturally informed trauma and grief recovery toolkit. Retrieved from https://www.apa.org/about/governance/president/grief-toolkit
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- Retrieved from https://www.nih.gov/news-events/nih-research-matters/spirituality-health
- Substance Abuse and Mental Health Services Administration. (2023). Mental health. Retrieved from https://www.samhsa.gov/mental-health
- U.S. Public Health Service Commissioned Corps. (2025). Wellness support resources. Retrieved from https://dcp.psc.gov/ccmis/Wellness_Support_Resources.aspx

Wellness is important to focus on: https://dcp.psc.gov/ccmis/Wellness_Support_Resources.aspx

August 2025