

Spiritual Health & Wellness



Who we are....

- USPHS Officers who are interested in your overall wellbeing
- Nurses, social workers, epidemiologists, psychologists, and scientists
- Have lived experiences and are willing to listen and provide resources to assist you and help you prioritize your spiritual health and wellness



What is Spiritual Health & Wellness?

Maintaining a sense of purpose, inner peace, and alignment with one's values, beliefs, and strengths

- **Purpose and Meaning** – Finding fulfillment in the mission of promoting the health and safety of the nation
- **Resilience** – Cultivating inner strength to handle stresses and challenges
- **Integrity** – Modeling moral principles and ethical standards with all professional services and leadership



What is Spiritual Health & Wellness? (continued)

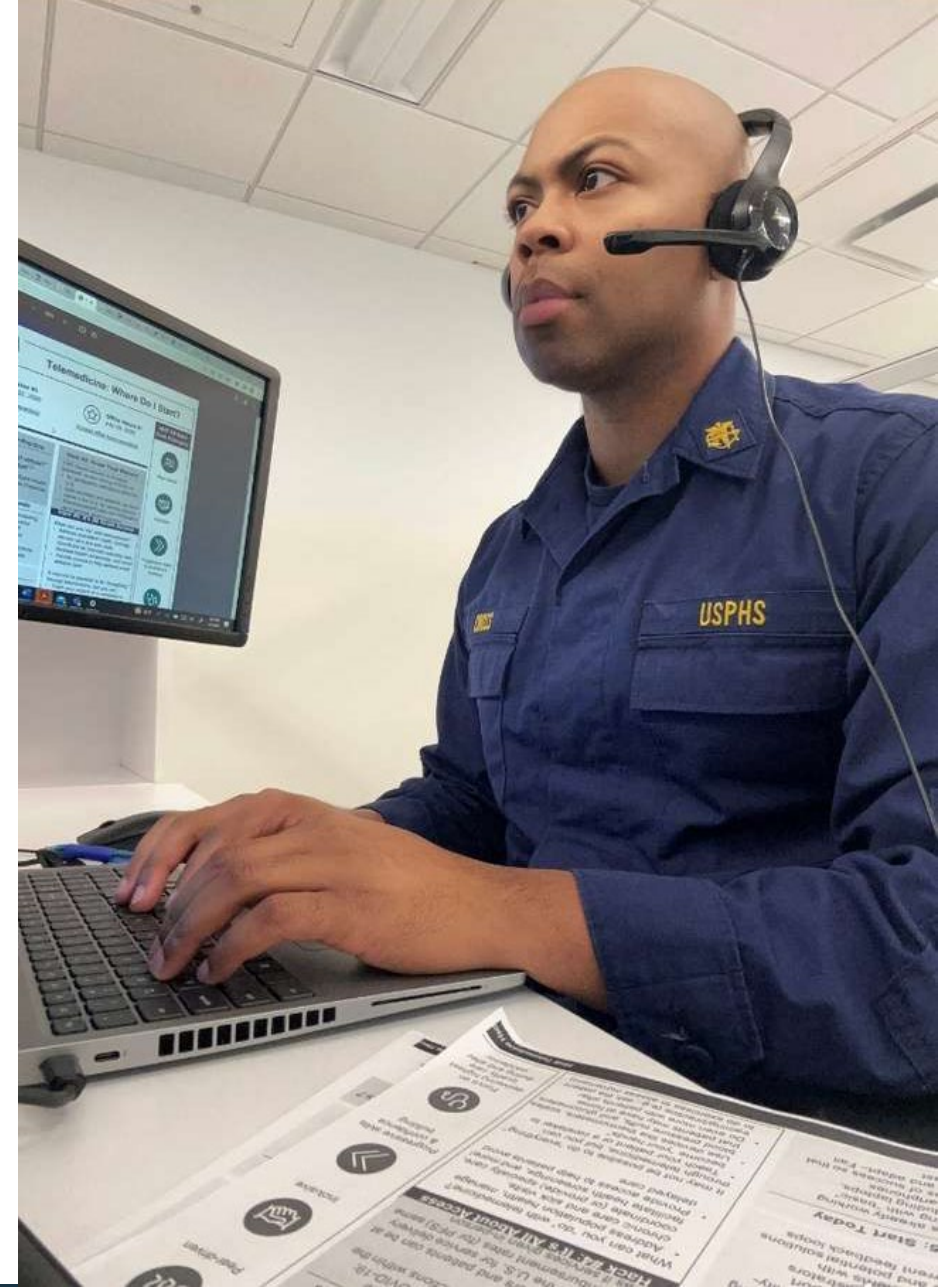
- Connection – Supportive relationships that foster a positive and collaborative environment
- Self-Care – Gifting yourself time everyday to nurture your spirit through meditation, prayer, or spending time with nature



Why is Spiritual Health & Wellness Important?

Contributes to holistic well-being

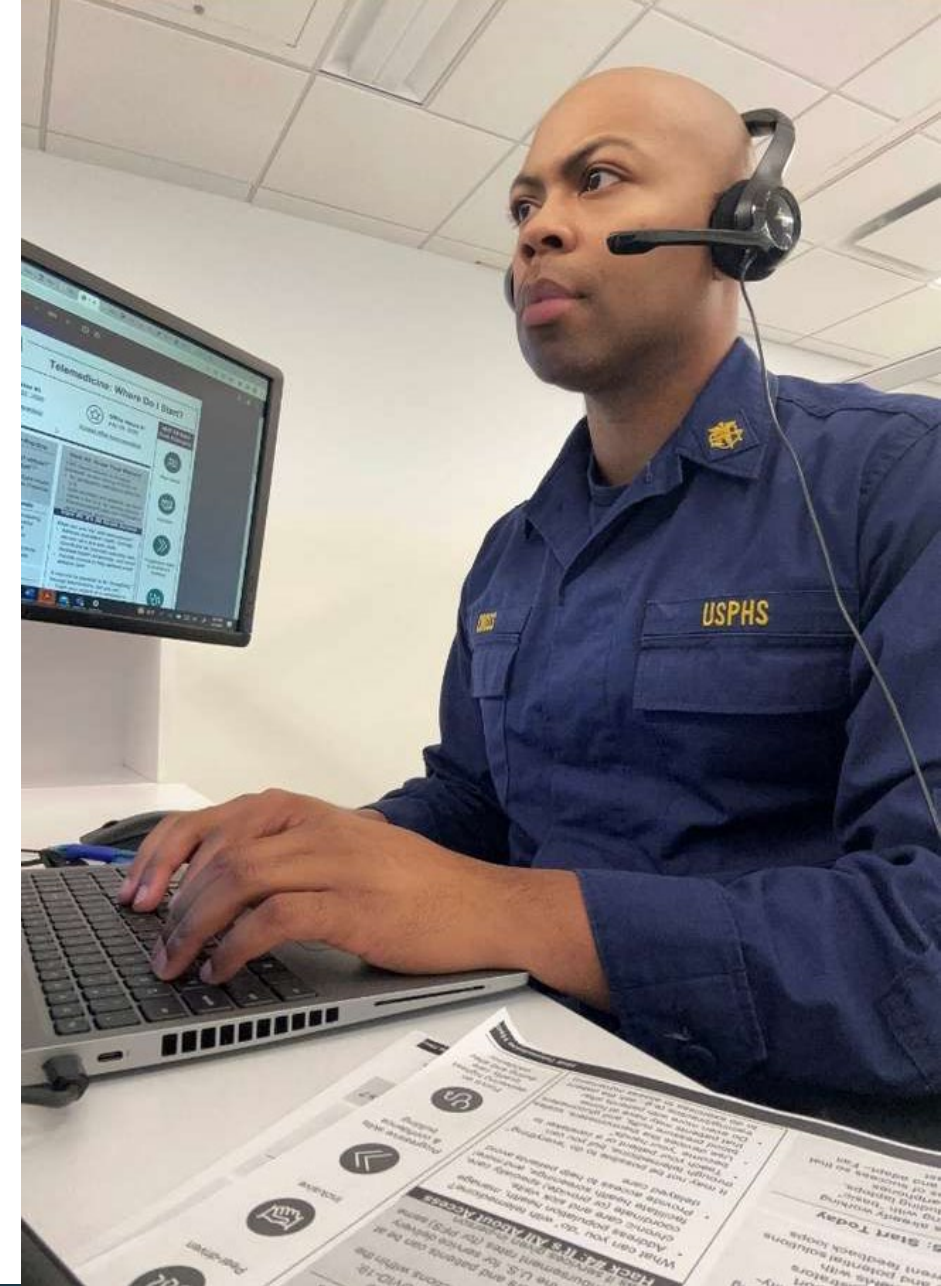
- Spiritual practices offer coping mechanisms and stress relief
- Enhances empathy and compassion
- Connection to something greater than oneself



Why is Spiritual Health & Wellness Important? (continued)

Contributes to holistic well-being

- Guides ethical decision-making through a stronger connection with core values and principles
- Provides leadership in service by increasing understanding and respecting the spiritual beliefs of diverse populations



Spirituality and Stress at Work

- According to Csiernik and Adams, 2002, spirituality was the least studied and was considered the most difficult to openly discuss at work.
- Historically, Employee Assistance Programs mainly focused upon psychosocial issues while physical health maintenance was the primary focus of wellness initiatives.
- However, we know now, that wellness is so much more.

https://doi.org/10.1300/1022v18n02_02



Spirituality and Wellness

- There are five areas of health that define wellness (Csiernik & Adams, 2002)
 - Physical
 - Psychological
 - Social
 - Intellectual
 - Spiritual

https://doi.org/10.1300/J022v18n02_02





Signs of Spiritual Distress

- Feeling lost or losing your sense of direction
- Sense of emptiness/feeling alone
- Feeling hopeless and helpless
- Withdrawing from friends and family
- Expressing negative views or bitter outlook on life
- Feelings of anger directed at a higher power
- Losing interest in activities that you normally like



USPHS Spiritual Wellness Champions

- Support officers through personal and professional challenges by providing a listening ear without judgement
- Reduce stigma through openness to discuss spiritual concerns and experiences
- Offer guidance exploring tools which promote a sense of balance
- Officer a safe and confidential environment





USPHS Spiritual Wellness Champions

(continued)

- Promote resilience by building trust and confidence
- Promote mental and emotional health by helping officers process their emotions
- Maintain integrity and honor through support in making morally sound decisions



Note: This slide can be an alternative, transition slide if there is a co-presenter or major change in topic

Your Spiritual Wellness



How to Develop & Nurture Your Spiritual Wellness

- Focus on service or on your own growth
- Journal
 - 10 minutes a day – list three things you are thankful for
- Learn to be kind to yourself and to share this compassion with others
- Take time to connect with your faith, community, or local church
- Take walks, spend time enjoying nature
 - Practice yoga
 - Meditate/Practice mindfulness



How to Develop & Nature Your Spiritual Wellness

(continued)

- Connect with small groups or join a book club
- Volunteer or help others
- Develop your hobbies
- Take the time to balance your needs (i.e., alone time, walking outside)
- Learning and practicing Forgiveness
 - Forgiveness does not mean what happened was “ok” or not important
 - Forgiveness is not a feeling, but a decision to let go and no longer allow it to negatively effect you
- Connect with a Coach from the PHS Nurse Officer Coaching Program



The PHS Nurse Officer Coaching (NOC) Program is accepting applications!

What is Professional Coaching?

Coaching is a creative partnership process that inspires clients to maximize their personal and professional potential. It is its own discipline, and is separate and distinct from mentoring, consulting, or therapy.

How can it help *you*?

Coaches provide a safe, private, confidential, and structured environment in which to offer support to their clients.

Are you ready to experience the transformational power of professional coaching?

If you are a Nurse Officer who is interested in having a professional coach to assist you with your development goals please contact:

CAPT Shayna Wilborn at swilborn@hrsa.gov

and LCDR Vera Jones at vera.m.jones38.mil@health.mil



For questions regarding your spiritual health & wellness, please e-mail your agency's Spiritual Wellness Champion

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Thank you!