**SPIRITUAL CARE**

**SPIRITUAL CARE PRACTICES**

Chaplains provide spiritual care, seeking to support a person’s spirit or breathe of life in a variety of ways. This is regardless of whether a person is connected to a particular faith tradition. The person can be supported to “breathe easier” in joy and sorrow, reduce pain, navigate spiritual issues, seek meaning and purpose in life, receive encouragement and maintain harmony.

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| **Practice** | **Benefits** |
| **Ministry of Presence**: Includes Silence, Active Listening, Love, and SpaceOn a spiritual level, the patient is aware of compassion, even if they are not conscious. | Affirmation of BeingConnection with Divine/Holy/Sacred/MysteryCreates Serenity/TranquilitySense of Being Cared ForCreate Positive Energy FieldDecrease Anxiety |
| **Breath:** Breath work with or without the patient’s conscious awareness. In many languages and faith traditions the word for breath = wind = spirit. | RelaxationPositive effect on organ systemsPositive effect on immune system |
| **Music**: Play music or sing. Music is soothing, provides a sense of connectedness, and may uplift the spirit. | Reduce PainReduce StressIncrease Mood and Positive FeelingsRelease EmotionsCreative Healing effectsCoping skill |
| **Prayer**: Prayer is being in the presence of the Divine | Physical & Spiritual ImprovementReduce Anxiety Sense of SelfSense of Being Card ForReduction of IsolationCoping skill |
| **Reading**: Stories, Poems, Sacred Literature, Scriptures, etc. | RelaxationPositive spiritualityConnection with Divine/Holy/ Sacred MysteryAntecedent to Reflection |
| **Loving Touch**: If it is comfortable for the patient – holding of one’s hands, stroke the hair, massage the feet, etc. | Balances the Energy FieldIncrease Energy for HealingProvides a Sense of ConnectednessDecrease Isolation |

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| **Guided Imagery**: Marjorie is a Certified Practitioner | RelaxationIncrease a sense of well-beingHealing effectsConnection with Divine/Sacred/Holy/Mystery |
| **Sacred Story** | Promote Insight for Self Awareness & Self ReflectionAffirming LifePositive SpiritualityServes as a Legacy Project Springboard |
| **Dream Work** | Promote insight for Self Awareness & Self ReflectionHealing Effects |
| **Pastoral Counseling:**Explore Sense of Meaning and Life PurposeGrief & LossExplore hopes and fearsExplore “why” questions in relation to life, death, sufferingForgivenessReconciliationMindfulness | Increase HopeIncrease GratitudeLive in the PresentFind MeaningUse Inner StrengthsAppreciate Personal ValuePermission to Say GoodbyeMend damaged relationshipsExplore & Express Feelings |
| **Sacred Ritual:**ConfessionBaptismVigilsMeditationPray the RosaryAnointingConduct Funeral/Graveside/Memorial | Connection with Divine/Sacred/Holy/MysteryA Coping Resource |
| **Make Referral to Community Spiritual Care Leader:**PastorElderPriestRabbiImamShaman |  |
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