

Gaining strength through motivation



Integrity

Remembering what's important in my life

Appreciate the wisdom of teams



Humility

I listen with attention and curiosity

Gaining strength through motivation



Honesty

Be true to myself

Release your healing energy



Forgiveness

Forgive and let go of the past

Spiritual care in practice



Empathy

Recognise and connect with the essence of others

Benefit from being calm



Detachment

Pause for a moment of stillness between activities

Benefit from being calm



Concentration

Focus on your breathing

Release your healing energy



Compassion

Love myself as much as I do others

Sustaining the carer



Commitment

Sustain a network of support