

Spiritual care in practice



Acceptance

Trust that everything
is as it should be

Harness the power of thoughts



Wisdom

Accept the ebb and
flow of events

Benefit from being calm



Serenity

Have a quiet time at the
beginning of each day

Appreciate the wisdom of teams



Respect

Acknowledge the
contributions made by others

Spiritual care in practice



Reflection

Take a moment to
appreciate life's wonders

Harness the power of thoughts



Patience

Allow myself to be content

Harness the power of thoughts



Optimism

Smile more, frown less!

Sustaining the carer



Nurturing

Make time for
the things you enjoy

Appreciate the wisdom of teams



Love

Be generous and open hearted