

Spiritual Resources during COVID-19

Why can the spiritual aspects be important in crises?

COVID-19 has caused various problem situations for which different kinds of help can be offered: for example there are medical, financial, social, and psychotherapeutic approaches. At the same time, values which are important for one's identity (individual, group or community) are threatened. For instance, of freedom, importance of social networks, travelling or culture can be affected. When essential principles and values are threatened or about to be shattered, spiritual resources take on greater significance. People look out for thoughts or feelings which offer support and make them feel safe.

Research findings from the field of spiritual care indicate that - apart from physical and psychosocial needs - existential, spiritual and religious hardships and resources have bearing on our health. In our society, spirituality and religion are seen as private matters and are often tabooed. For this reason, it is a learning process to address this topic.

In the health care system, spirituality is used as a very general and broad term under which religion is subsumed. Spirituality is understood in various ways. It can be an element which enables to feel trust, emotional or social connection or joy of existence. Thus, it can change our everyday experience. Religion rather emphasizes the institutional aspect.

15 Spiritual Care - Recommendations

1. **Identify hardship:** Allow yourself to complain, feel nervous or anxious, to have doubts, to express tears. These things are entitled to exist.
2. **Let things happen which cannot be changed:** Many things in life are unavailable, they cannot be reached through your ambitions, control and actions.
3. **Gain trust:** I am not alone – I am on firm ground.
4. **Remember:** Things went well in the past more often than you thought.
5. **Feel the moment:** Pay attention to this day, because this day and each new day is your life.
6. **Be happy about and grateful for the supposedly little things:** Do not consider the things that are usually taken for granted as a given!
7. **Humor and laughing:** I am not the centre of the world.
8. **Broaden your view and open your heart:** What is really important? What change is needed now?
9. **Live solidarity:** Concentrate on doing instead of thinking. Be there for each other!
10. **Experiences a sense of community:** Meet and show interest in each other, make appointments.
11. **Incorporate spiritual breaks:** Breath in, feel the power of silence, experience nature!
12. **Find good images, places and companions:** Visualize things which make you feel safe, powerful and protected.
13. **Keep moving:** Walk and/or make a pilgrimage mindfully – step by step.
14. **Feel the healing power of breath and sounds:** Experience humming and music!
15. **Be creative:** Create and experience self-efficacy!

More information on: <http://plattform-fuer-psychosoziale-fachkraefte.psychisch-sozial-gesund.de/>

