



karuna
dedicated holistic support
compassionate care

Care of the mind

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You are more than just your body...

Your mind, feelings and emotions make up a big part of who you are. They have a strong impact on how you cope with difficult and painful times in life.

This is especially true when your health is threatened or you have lost a loved one.

Even when you have a faith or particular spiritual beliefs, you may feel challenged and wish to speak with someone.

Talking things through can help you to remember that we all have inner resources we can call on. Karuna's spiritual care specialists can support you in any of the following ways:

- exploring questions like *Why is this happening to me? Why am I feeling this way? What is the purpose of all this? What can I do?*
- recognizing and understanding your emotional and spiritual pain, helping you to find meaning
- creating a sense of calm to face the future with courage and confidence
- cultivating peace of mind
- discovering the Buddhist approach to living and dying

Our spiritual support to patients and their families includes online information, home and hospital visits particularly when the end of life is drawing near alongside phone support.

For support or more information

07 3632 8300

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This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org