

# Values in healthcare

*a spiritual approach*

A personal and team development programme for healthcare practitioners

One of the keys to raising morale in healthcare today is to re-emphasise the importance of values in guiding practice at all levels. There are some excellent values statements produced by health care organisations. For values to become meaningful, however, they must be owned at a personal level and then integrated into our work.

**Values in Healthcare: a spiritual approach** is a modular training programme developed by a team of health professionals for those involved in healthcare delivery. **Values in Healthcare** addresses an important gap in personal and team development for healthcare professionals today by taking a fresh, values-based approach to their learning and practice.

For more information about the programme, please see the foundation's website or contact us.

The Janki Foundation for Global Health Care is a UK-based charity which encourages research and awareness in the field of health and spirituality. It provides an educational forum for health professionals and is dedicated to whole-person healthcare, an approach that considers the needs of patients and practitioners at the levels of body, mind and spirit.

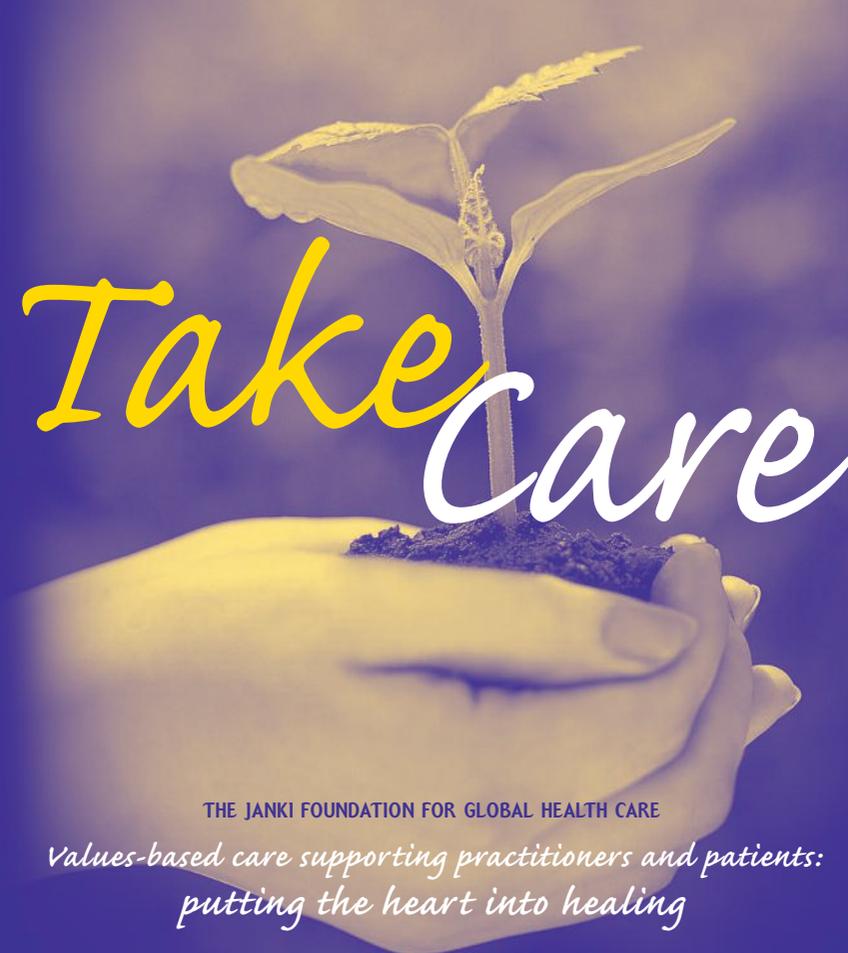
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# Take Care

THE JANKI FOUNDATION FOR GLOBAL HEALTH CARE

*Values-based care supporting practitioners and patients:  
putting the heart into healing*

Healthcare practitioners focus on what is best for the patient but often forget to take care of themselves.

It is important to look after ourselves, not only because it will benefit our patients by setting an example of 'self-care', but also for our own personal well being.

This is more than keeping free from illness and promoting a healthy lifestyle. It is about developing deep-rooted self-respect and, by reflecting on our experience, adding to the meaning in our lives.

## *Values – gain strength through motivation*

Values are the principles we choose to live by, that act as signposts in our lives. They guide our thoughts, actions and relationships with others.

Remember what's important in my life

Be true to myself

Recognise my own and others' qualities

## *Peace – benefit from being calm*

Peace is our natural state: within all of us there is a core of calm and tranquillity. When we experience this peace, our judgment improves and we generate an atmosphere that benefits everyone.

Have a quiet time at the beginning and end of each day

Pause a moment for stillness between activities

Focus on your breathing

## *Positivity – harness the power of thoughts*

A positive attitude enhances clarity in decision-making, saves energy, and increases our sense of well-being. It also encourages life-enhancing changes in patients' attitudes.

Allow myself to be content

Accept the ebb and flow of events

Smile more, frown less!

## *Compassion – release healing energy*

Compassion is an expression of our innate qualities of patience, generosity and kindness. Experiencing it can help us be more caring in our work without suffering burnout.

Love myself as much as I do others

Trust my intuition

Forgive, and let go of the past

## *Co-operation – appreciate the wisdom of teams*

Everyone has specialities that can make a worthwhile contribution. When we work co-operatively, the outcome will be greater than the sum of individuals' efforts.

Acknowledge the contributions made by others

Be generous and open hearted

Listen with attention and curiosity

## *Spirituality in healthcare – spiritual care in practice*

Spirituality is known through experience. Exploring it can begin by considering what qualities in a person demonstrate spirituality, then recognising that we have these same qualities in each one of us.

Trust that everything is as it should be

Recognise and connect with the essence of others

Take time to appreciate life's wonders

## *Valuing yourself – sustaining the Carer*

*'Physician heal thyself'* is a maxim that puts valuing the healthcare practitioner at the centre of healthcare. Nurturing the self requires that we recognise our own worth and, in doing so, better acknowledge the intrinsic worth of others.

Be alert and responsive to your needs

Ask for help when needed; accept it when offered

Sustain a network of support

Make time for the things you enjoy