



When your worldview and spirituality is challenged after a critical incident

- A Critical Incident could sometimes challenge your body's normal coping mechanisms.
- Oftentimes our logical brain is impaired and is often replaced by fight, flight, or freeze responses.
- Our morals, values, ethics, beliefs and worldview sees many of our behaviours arise from our core life philosophy—it is our moral or spiritual code. Remember a moral injury is real and help is available.
- Your Worldview/Spirituality helps ground you and can help calm your physical and emotional responses giving your body opportunity to restore/reset itself.

Research suggests 3 mechanisms for effective resilience (finding meaning, hope and purpose in life)—has the ability to return to healthy functioning post trauma. Spirituality can assist in all 3 areas.

1. Managing Difficult Emotions

Honouring life and meditation have been used globally for centuries to assist individuals reflect upon and manage difficult emotions in a safe and healthy way. Spiritual practices such as contemplation and prayer **ARE** both spiritual grounding tools and a mindfulness techniques to restore you.

2. Supportive Relationships

Compassion for self/others find its basis in many worldviews/spiritualities. Research shows benefits to these elements in life. **Solitude and Silence** are foundational to emotionally healthy spirituality. Don't be afraid to rest, be still, to reflect on a critical incident! Remember, we're ALL body, soul and spirit and all three areas need your care. DON'T withdraw from supportive relationships at each level.

3. Purpose in life

We all have a purpose! Spiritual frameworks/practices often are a basis of meaning and connection that assists our recovery post-trauma. Find meaning in a Sacred Text or journal your thoughts, give expression to your inner self. In a Critical Incident your beliefs maybe challenged but exploring them gives you permission to restore yourself.

Protective Factors

- Compassion towards yourself
- Strong family relationships
- Strong social and/or faith support group
- Meaningful and regular participation in a faith community
- Supporting others through their challenges
- Professional faith leaders, counsellors and therapists,
- Previous challenges that have built resiliency

Further Reading:

'Beyond Trauma – A practical guide for spiritual first aid'
(The Bible Society)

