BEING @COMPTON: NOURISHING SPIRITUAL FITNESS

Date: Autumn & Winter 2020
Stopping, Calming, Noticing, Refreshing
Maintaining balance in busy lives

Invitational Sessions
Supporting each other to identify opportunities in the working day, for periods of time set aside to simply be.

- Nourishing peace, joy and happiness by making space for ‘moments of being’ wherever we are – not hurrying through with our minds on the next event or activity, but really being – slowing, stopping, calming, refreshing.

We recognise that some of these skills benefit from support to learn and practice.

Key Learning
Nourishing spiritual fitness allows us not only to look deeply, recognising the impacts of this year on our own lives and the lives of those we care for, but also to cultivate joy and happiness amidst difficulty.

Together we can learn to navigate the changes we are all experiencing, and by doing so maintain our safety on the road ahead, even when life’s turns are sudden or unexpected.

Good self-care is never selfish care. We, and others, always benefit when we take the time to maintain balance and refresh our own energies, bringing a collected and steady presence to everything we do.

A focus on Being

We all have so much on our ‘to do’ lists with a great deal of productive time spent ‘doing’, responding to immediate demands and our expectations of performance and ‘busyness’. When we’re not doing tasks ourselves we’re leading and supporting others, driving forwards, accomplishing more. More doing.

In healthcare our ‘who, what, when, where’ work ethic is rooted in and informed by our ‘Why’: our sense of meaning and purpose; our values and standards; our ethics; our moral compass; and our aspirations – individually and collectively.

All the ‘doing’ activity in our work has an urgent need to be balanced with time ‘being’. We are Human Beings not Humans Doing!

“Individual and collective benefits are about recognising and addressing the Spiritual Care needs of everyone. Bringing a refreshed, wholesome energy – an ability to stay centred – to lives flourishing with joy and harmony, in good balance.”