

Unit 9 Assignment

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Wellness professionals play a vital role in the health of the individual and the population. For them to successfully carry out their role, they must be able to communicate intentionally with others to formulate the root of issues and how to enhance the lives of others. In this paper, we will develop questions that could be beneficial to creating effective communication. We will then utilize these questions in an interview and then, based on the results, create a spiritual and psychological wellness plan for the individual we interviewed. Next, we will evaluate any ethical considerations that might be in play based on the situation and what adjustments might be considered for a more prosperous future interview and plan development.

The first step of this process is to develop functional questions that will serve as a guideline for the interview. My first question is, do you feel connected to nature, the universe, or a higher power? This open-ended question lets you articulate the origin of your spiritual beliefs, which helps me understand how your spirituality impacts your daily life.

The next question is, do your ideologies or beliefs significantly influence your daily decisions or patterns? This question is strategically designed to illuminate the practical implications of your spiritual beliefs in your daily life, thereby providing a clear understanding of the role of spirituality in your life.

After this, I would continue to ask them what resources have been beneficial to developing their ideology or enhancing their spiritual journey. This question can aid in fostering deeper conversation regarding their spiritual journey and the development of their spirituality. This could also provide insight into their spiritual struggles, goals, and development.

The next question is how your spirituality impacts your relationships with others. This question is intriguing because it forces them to think about something that they might not

regularly consider. If they are already conscious of this, there is a high chance that they are very actively spiritual, while if they are not very aware, they might not be as actively implicating spiritual practices into their lives. This also allows them to think of ways to start or enhance how their spirituality impacts others.

Moving onto more psychological and mental health-related questions. I would start out by asking how you find a balance between work, physical well-being, community, and hobbies or personal goals. This question is great because it genuinely jumps in feet first. It allows for a lot of open communication and gives me a good idea as to how they mitigate time, prioritize aspects of their lives, and show me what might be lacking and thriving.

The next question I would ask is how they cope with stressful situations. This allows me a glimpse into their stress management techniques and what some stressful situations might be. This is great for them since if they do not have powerful techniques, and this could encourage a conversation on how to develop better stress-coping skills.

Do you feel well supported and understood by your relationships? This is another question I would like to ask them. Since community is imperative to mental health, knowing someone's perceived level of community and intimacy with others is important to understanding their psychological health. Community level has also been strongly linked to stress resilience, which is vital to understanding them (Ozbay, F., Johnson, D. C., Dimoulas, E., Morgan, C. A., Charney, D., & Southwick, S., 2007).

The next question I would ask is, what are some things you learned about yourself recently and how did you learn these things about yourself? This question is really practical to see if they are self-reflective and how they perform self-reflection. It also provides an

opportunity to talk about the progress they've seen in themselves and that they would still like to achieve.

The last two questions I would ask would be attempting to tie the spiritual and psychological factors together. I would ask how their spirituality and practices impact their psychological health. Conversely, how does their psychological state impact their spiritual life? Both questions, at their root, aim to show the holistic connection between the psychological and spiritual. They also allow us to evaluate the correlation between the two within their own life.

Having formulated these questions, it was time to implement them by interviewing a friend. I interviewed Johanna, one of my best friends since we were ten. I am already aware that Johanna follows the religious ideology of Christianity; however, due to the duration of our friendship, we can sometimes neglect in-depth conversations on our current stances and ideologies and instead make assumptions.

The first question, whether you feel a connection to nature, the universe, and/or a higher power, was answered very precisely: "Yes." The next question, do your ideologies or beliefs impact your daily decisions or patterns, and how so, was answered more in-depth. Johanna starts off her days by praying, which helps her feel more connected to God and at peace in general. It also influences her daily decisions such as who she should spend time with and what she should prioritize. I then presented the following question: what resources have been beneficial to developing or enhancing her ideology? She responded that the Bible Gateway app has been helpful for daily inquiries; she also goes to a Christian counselor who helps provide guidance. How does your spirituality impact your relationships with others? Was answered next. Johanna's spirituality creates a lot of inner joy; she finds that many of her interactions with others naturally

gravitate toward spreading this joy. An example is of her purposely learning her coworkers' favorite snacks to gift them sporadically with things she knows they'll enjoy.

Moving to the more psychological and mental health-related questions, the first one I presented was: How do you balance work, physical well-being, community, and hobbies or personal goals? Johanna likes to utilize a to-do list, entailing everything she needs and wants to get done, from priorities and working out to social events. This way, if anything does not get accomplished, it still does not fall through the cracks but instead gets written on the next day's list. The next question: how do you cope with stressful situations? Was answered as follows. Johanna has a service dog that helps her manage her stress. She also writes daily, which helps her feel more organized and in control of her life and various situations, which enables her to feel more at peace. To follow this question, I asked her, do you feel well supported and understood by your relationships? To which she responded that she feels ninety-five percent supported, the five percent stemming from her parents not understanding certain aspects of her mental health needs.

The last three questions are: What is something you learned about yourself recently, and how did you learn this about yourself? How does your psychological state impact your spiritual life? How does your spirituality impact your psychological state? Johanna provided the following answers: Johanna has learned that she should be more confident than she previously realized. This revelation comes from the recognition of others in her daily life praising her competency. Another thing that Johanna has learned about herself recently is that she can connect with a wide range of personalities, even those considered more challenging by most. Her spirituality helps to stabilize her; it provides a feeling of connection with God and other Christians, which allows her to feel supported and loved; this positively impacts her mental and

psychological health. Her mental health affects her spirituality in that during difficult times, and it can be more challenging for her to remain consistent and grounded in her spiritual practices.

Based on Johanna's answers, I recommend that she continue to practice her morning prayers and implement nightly prayers that can also double as a period of meditation.

Additionally, I would suggest that she involve herself in a weekly Bible study. This would help her build a more substantial peer group of like-minded individuals and have accountability partners, which could be particularly helpful during times when her mental health is struggling. Since Johanna already practices daily journaling, she could compound the habit by setting aside ten minutes to read the Bible or using the Gateway app, which provides mini-Bible studies.

Outside of these suggestions, I would encourage Johanna to continue implementing and refining her already enacted strategies since she has a solid foundation. Since many aspects of a spiritual and psychological plan are already being implemented in Johanna's life, the most essential aspect for Johanna currently is finding consistency, even during adverse situations, and increasing the depth of spirituality. I believe the above-recommended additions to her current pattern would aid in both aspects since it would increase regularity, community, and accountability.

Two ethical considerations I would have to consider when creating a wellness program for Johanna stem from our long-standing friendship. One relates to a fact I denoted before the interview: since Johanna and I have been friends for over fifteen years, it is easy for us to make assumptions regarding one another. One of the basic principles of the wellness professional code is to actively seek and learn, "Acknowledge and respect that individuals hold diverse values, attitudes and opinions about their overall health and well-being. Actively seek to understand an individual's social, cultural, economic, educational, and environmental background in an effort to place an individual's wellness behaviors and decisions into context and to address diverse

wellness needs in a more holistic manner.” (WCI, 2024). Assumptions and being personally intertwined with an individual’s history could severely limit the ability to listen and accept her facts without any biases. Additionally, our level of friendship could detract from her perception of my credibility and ability to act in a leadership role in her life.

Based on the interview, I will revise some of my questions in the future. One question that had a surprisingly short answer was, ‘Do you feel a sense of connection to nature, the universe, or a higher power?’ This question was significantly more close-ended than I initially realized, and thus, I would most likely remove it altogether. In general, I felt like the base of the questions tended to be good. However, I felt each question needed a complimentary example or a follow-up question to delve into the discussion fully.

Today, we have developed questions that serve as a guideline for the interview. We have also created a spiritual and psychological growth program that corresponds with the information provided in the interview. After this, we evaluated the ethical dilemma created by my connection to the interviewed individual and noted the changes to the questions that would be beneficial. Through this we were able to obtain a small taste of the thought process and challenges that arise for wellness individuals when performing their critical role in society and in individual’s lives.

References

- Ozbay, F., Johnson, D. C., Dimoulas, E., Morgan, C. A., Charney, D., & Southwick, S. (2007). Social support and resilience to stress: from neurobiology to clinical practice. *Psychiatry (Edgmont (Pa. : Township))*, 4(5), 35–40.
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