

Be Connected is on a mission to connect every Arizona service member, veteran & their families to support and resources. Call and connect today!

866-4AZ-VETS

Ecosystem of Support: Areas of Focus
> Spirituality



Feeling a Sense of Connection

Spirituality is a broad concept with room for many perspectives. Different people experience and express their spirituality for different reasons and in different ways. Sometimes life, a tragedy, or adversity can wear down your hope and test faith, leaving you feeling vulnerable or questioning your faith. This can be a normal part of growing and exploring spirituality.

It's important to remember there's no "right" or "wrong" way to respond. Give yourself time to process the news and be kind to yourself as you adjust to your new situation.



Don't ignore your feelings. That may only increase stress and maybe even delay recovery.



Be patient with the pace of treatment and recovery. After receiving an initial diagnosis or suffering a major health event, it can take time with tests and consultations before your medical team settles on an appropriate course of treatment.



Developing Faith

Prayer can be an important part of developing your spirituality and practicing your faith. Becoming more spiritual means accepting waiting, finding ways to listen patiently, and accepting that sometimes the answer to prayers is not immediate.



Worship Services

We can practice our spirituality by the discipline of 'showing up'. Presence is the way in which we indicate our priority to give our attention to something or someone.

The dominant practice of spirituality can mean attending a worship service. For others, it may also mean dedicating time to learn more about their faith or religion by reading scripture, or attending classes and workshops.



Gift of Time

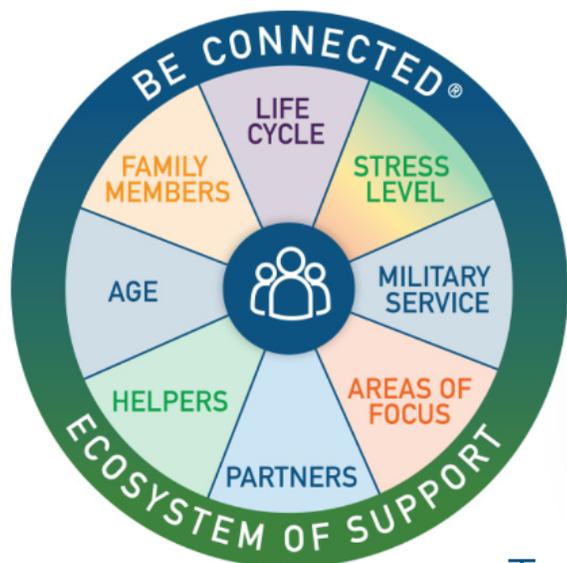
An alternative way to feel connection to others is to be generous with your time and talents. Find ways to serve others including volunteering. Consider giving a talk at your local house of worship, or research the needs of your particular community.



We Can Help

There are a multitude of ways that we can help you explore your spirituality and connecting you to spiritual-based resources. The Be Connected support line uses a resource matching tool to identify the right resources to best fit your situation.

Call 866-4AZ-VETS (429-8387).



The Be Connected® Ecosystem of Support

We're on a mission to connect every Arizona service member, veteran & their family members to support and resources for wellness, employment, benefits and more! We achieve this mission through our Be Connected Ecosystem of Support. This unified network of people, organizations and communities is accessed through our support line: 866-4AZ-VETS (866-429-8387).

Total Support

The Be Connected Ecosystem of Support offers a holistic approach to ensure that service members, veterans and their families receive the care and support they deserve. Everyone in our community has a role to play in to ensure that any door they enter is a gateway to a welcoming, supportive and helpful space.

Areas of Focus - Be Connected focuses on all of the social determinants of health, by connecting service members, veterans & family members to support and resources.

Stress Level - Our upstream approach means support is available across the stress levels, with a goal of earlier intervention.

Partners - We deliver services and support through our unified, statewide, interconnected partner network, enabling us to maximize our collective impact.

Life Cycle - Be Connected offers resources throughout the military life cycle, from the start of service to separation and beyond.

Helpers - Helpers play a key role in engaging and connecting people and families to the resources and support they need, when they need it.

Family Members - Every family member matters to Be Connected and our team is here for you with support and connection to resources.

Military Service - We're here for all service members and veterans – regardless of branch, component, length/era of service and discharge status.

Age - As your needs change and evolve throughout your life, Be Connected is here for you. Reach out to our team today for personalized support.