

## Spiritual intelligence: A hidden tool at workplace

Dear Editor,

In the current scenario, Indian doctors are facing occupational stress at the workplace due to societal and environmental influences and expectations.<sup>[1]</sup> Suicide among Indian doctors is a major concern and it is reported more in depressed individuals and is more prevalent in females.<sup>[2]</sup> Academic stress, marital conflict, mental health problems and harassment (mental/physical) are key factors in suicidal deaths among doctors.<sup>[3]</sup> Spiritual intelligence is a hidden tool that can counteract occupational stress at the workplace. Spiritual intelligence uses spiritual sources to solve a problem using positive human qualities such as modesty, forgiveness, truth, compassion, love and peace.<sup>[4]</sup> It also helps the health professionals to become stronger, innovative and precise in managing patients and diagnosing diseases.<sup>[4]</sup> Spiritual intelligence is attained by tapping the potential of the soul by practicing meditation.<sup>[4]</sup> Today's medical crowd is materialistic, inviting occupational stress and neglecting the pureness of the soul leading to depression and suicidal deaths. Therefore, it is time to cultivate components of spiritual intelligence among budding medical professionals because it will open a new vista in managing patients and diagnosing diseases and nullifying occupational stress at the workplace. To conclude, more studies need to be anticipated regarding spiritual intelligence and medical professionals at the workplace in the future.

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### Conflicts of interest

There are no conflicts of interest.

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