



# Spiritual Resiliency



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# Terminal Learning Objective



- Objective: To know the value of spirituality within the framework of Comprehensive Soldier & Family Fitness (CFS). AR 350-53
- Skill: Given tools, Soldiers will be able to identify and codify personal spiritual identity.
- Leaders: Understanding the importance of spiritual fitness, leaders will have an additional knowledge base whereby to evaluate moral decisions.

Part 1

# Why are we here?

A Father and His Vietnam Veteran Son...  
Discussion – 5 Minutes





# What is Resiliency?



- The ability to respond well through adversity.
- NOT:
  - Making things easier
  - Removing job responsibilities
  - Telling people indiscriminately to suck it up





# Spiritual Fitness



Hope  
Acceptance  
Value  
Respect  
Knowing your way  
Sense of accomplishment



# Spirituality is...



“Identifying one’s purpose, core values, beliefs, identity, and life vision define the spiritual dimension. These elements, which define the essence of a person, enable one to build inner strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient when faced with adversity. An individual’s spirituality draws upon personal, philosophical, psychological, and/or religious teachings or beliefs, and forms the basis of their character.”

Comprehensive Soldier and Family Fitness, AR 350-53, 2-5



# Key Terms



*Spirit*: who we are, our sense of purpose, our sense of belonging, what is true, what is set apart

*Spirituality*: the journey or process of searching for the sacred in one's life

*Spiritual Fitness*: the ability to see meaning, live in accord with one's convictions



# Spirituality is...



- “... the worldview component of one’s human spirit, or personal essence. This system of beliefs defines who a person is, what the person stands for, serves as a guide for determining behavior – especially in ambiguous and chaotic situations – and also provides the courage and will to act in accordance with one’s beliefs and values.”
  - ACLU





# Activity: Agree/Disagree



In the universe, it is possible to find my place.

I am a spiritual person.

In my family, I have support and commitment.

In my civilian career, I find fulfillment.

I have a strong spiritual support system in my life.

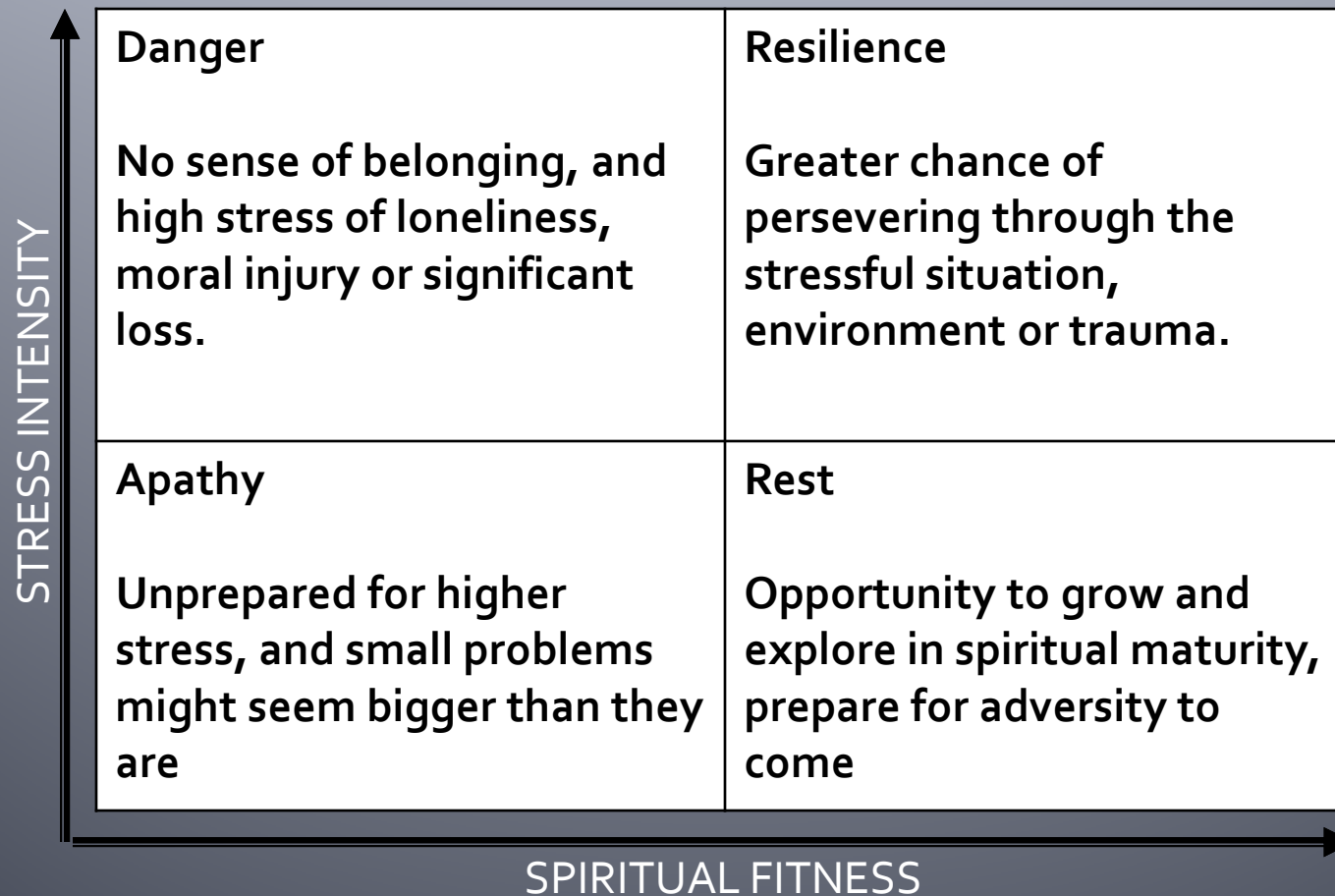
In the Army, I know my role and find meaning in it.

Spiritual fitness can be measured objectively.



# Spiritual Fitness Matrix

Originally Created by 7<sup>th</sup> POG UMT, USAR, 8 DEC 2018 – Austin, TX (CH (CPT) Scott M. Pitts, CH (CPT) Caleb Miller, 1LT Callan Sweeney



Part 2

# Tools & Resources





# Review



STRESS INTENSITY



SPIRITUAL FITNESS





# Self Reflection Activity

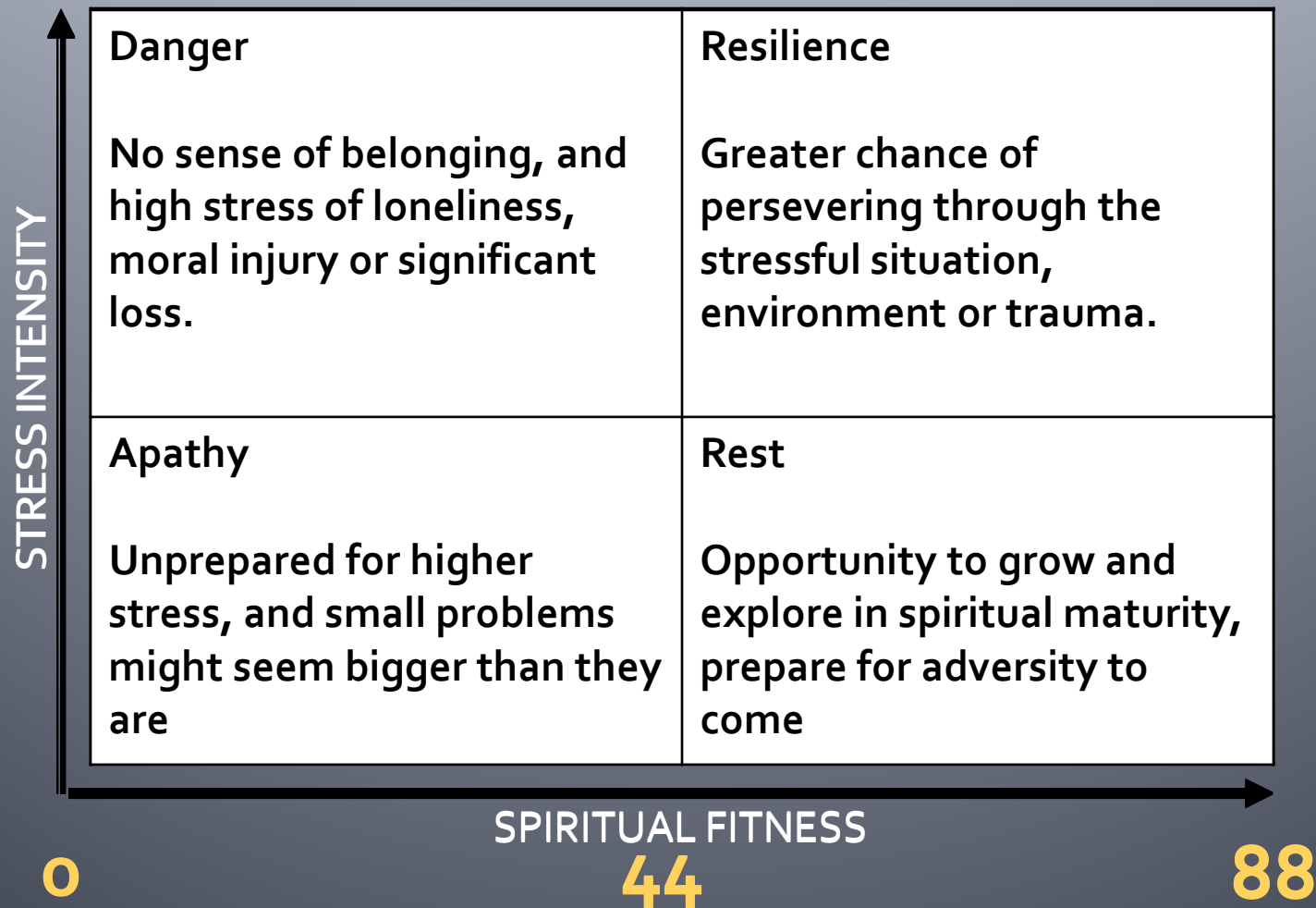
## Spiritual Fitness Assessment





# Where Are You?

## Spiritual Fitness Matrix



# On Meaning

Discussion





# Rituals and Practices



## Abrahamic

Sacramental Theology

Dedication to God

Confession and Absolution

Healing of the Sick

Spiritual Cleansing

Pilgrimages

Prayer

Fasting

Charity and Service

## Eastern

Breathing Exercises

Limited view of Self

Positive Mental Imagery

Systematic Relaxation

Meditation

Pilgrimages

Prayer

## Non-theistic

Art, Music

Something Greater  
than oneself  
(patriotism, etc.)

Service to Community

Philosophical Reading

Study

Pilgrimages/Travel

Journaling





It's the Little Things....





# Story from Wake Island





# Story from Wake Island

