

Spiritual Dimension in Wellness and Resilience



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Leaders Create the Conditions

- The spiritual dimension -- the values and practices that guide behavior and decisions and which form a critical component of Wellness. These values and practices empower our lives and resonate through our families, our communities, our nations, and our work.
- Resilience: the ability to grow and thrive in the face of challenges and bounce back from adversity. (U.S. Army Master Resilience Training)
- Six Factors for Developing Resilience (National Center for PTSD)
 - Positive outlook
 - Spirituality
 - Active coping
 - Self-confidence
 - Learning and making meaning
 - Acceptance of limits



Exercise Your Spiritual Dimension

- Maintain your personal practices with your Family and Community
- Pray and/or meditate; rely on God or a higher power
- Use your value system as a guide for decisions
- **Exercise for Ethical and Moral Development – debate, dilemma discussion, role-taking**
- NDU Events
 - Daily Muslim Prayer – Lincoln Hall, Room 2320
 - Fort McNair Weekly Bible Study – Mondays, Bldg 48, 1200
 - NDU Christian Fellowship – Tuesdays, Eisenhower School, Room 107, 0700; AY 19 study *The Celebration of Discipline* by Richard Foster
- Volunteer Submission for a Weekly Spiritual Connector Email
 - Integration of Spiritual Values with Leadership & Public Service
 - Respect all traditions – What do you have that speaks to all?

Research on Toxic Leadership

- Purpose: to collect your experiences of serving under abusive supervisors IOT identify patterns of behavior and their effects on targets.
- Face-to-face recorded interview NTE 90 minutes.
- Results are completely anonymous for presentation in academic journals.

Religious Support Points of Contact

- Garrison Chaplain, Joint Base Myer-Henderson Hall
 - Duty hours: 703-696-3532/6635
 - On Call Duty Chaplain: 703-696-3525
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