

Resilience and Reduction Reduction

Comprehensive Resilience Modules

Spiritual Dimension

“Rituals”

Supporting a Resilient and Ready Force

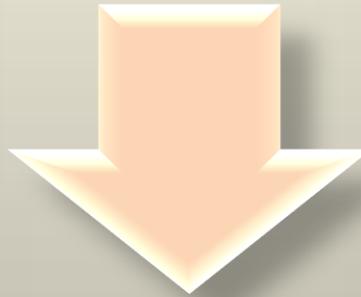
Overview of Rituals Module



As soldiers:



We go through a lot of situations that can cause spiritual struggles.

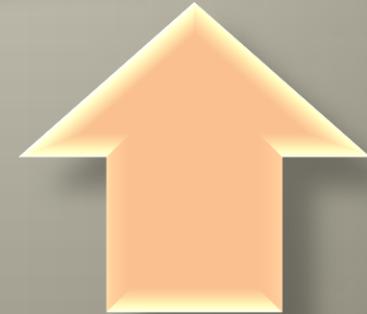


Struggles - Spiritual Struggles - Struggles



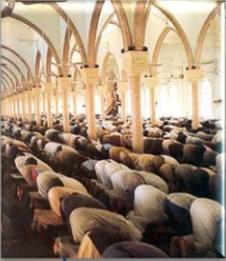
We may have to do or see things that don't fit with our core values.

We experience long periods of time away from our loved ones and close friends.



There are resources available to us that can help build our spiritual resilience

What Is A Ritual



A ritual is a concrete action with meaning.



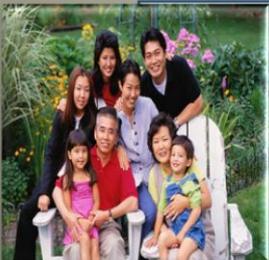
It's something you do that means more than just the action itself



It's something you do more than once.



Repeating this action often brings you back to center, or reminds you of something you care about.



Like family traditions, or rites of passage, rituals help you stop and think, remember, and appreciate. .



Rituals can also be a tool to help you recognize your core self and aspirations.

Think of some rituals that you or someone you know has... now take a second to write them down .

Having Rituals In Your Life



Health care professionals believe rituals are a valuable resource and help people transition, connect with others, and deal with stress.

Many veterans and their families believe rituals and ceremonies are an important part of treating combat operational stress.

It keeps you strong and centered even while you are away from home dealing with stressful situations.

Rituals help you reflect on and connect with your deeper purpose and spirit, making you a stronger, focused, and more adaptable Soldier.

Rituals gives you insight about yourself and makes you able to consistently act on your values.

Rituals helps you stay true to your values during split second decisions



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Rituals in the Army

Many people believe rituals:

- Are too old fashioned to help modern day Soldiers
- Are only for big occasions
- Require lots of people and formal training



We fold the flag reverently because it represents our nation's freedom - what we serve to protect.

Rituals like swearing an oath are a symbolic demonstration of the value of surrendering your individual liberty for the greater liberty of our nation.

Rituals remind us of who we are and what we stand for... and are a significant part of the Army.

Rituals can bring Army values to your life on a regular basis, making you an even stronger member of your unit.



Rituals and The Army Core Values

Rituals don't have to be reserved for a big event... you can use them any time. They can help you bring Army Values to life every day.



Loyalty-Rolling up the colors and casing the colors is a ritual that can remind you of your commitment to do your best for your fellow Soldiers and country.



Duty-Accomplishing tasks as part of a team. Rituals such as celebrating birthdays, anniversaries, and special events in your unit may help to strengthen and bond your team.



Respect- Saluting, honoring fallen Soldiers, and celebrating Veteran's Day are all rituals that bring respect into your life.



Selfless Service- Before you start each day look at the flag on your uniform to remind you to put the welfare of the Nation, the Army, and your subordinates before your own.



Honor- Become an honorable Soldier by living the Army values each day.



Integrity-Think about what you do that is morally sound and good natured, and recommit yourself to continue acting with integrity.



Personal Courage- strengthen your own courage by building a strong sense of human spirit and purpose. By reflecting on why you are here, your strengths, the support you have from loved ones and, if you so believe, a greater power.

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Types of Rituals

There are many different types of rituals



**Connection
Rituals**



**Rituals With
Water**



**Coping
Rituals**



**Transition
Rituals**

Transition Rituals

In the Army, you experience many significant transitions



Transitioning from being a civilian to a Soldier and back to a civilian after drill is over



Going from non-combatative situations to active combat



At BCT /AIT You become a Soldier responsible for living the Army values



During IET graduation, Soldiers put on their beret for the first time, symbolizing a change of identity and increased responsibility.



Transition from a Soldier to a leader and from a leader to a parent



Transition can be challenging and lead to spiritual struggles. Rituals can help you through changes and prepare for your changing roles.



Rituals With Water

Water can help cleanse you. You can use it in everyday life to 'wash away' the effects of events that don't align with your core values.

- Washing your whole Body



- Visualize your struggles being washed away



Water has been used as a physical and symbolic cleansing agent

Putting your full awareness on washing hands

Immersion in a moving body of water, like a stream, lake or the sea

Touching or sipping water while saying a mantra or prayer

- Touching holy water



- Sitting in a steam room or hot tub



The Intent is to purify yourself

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Coping Rituals

The stressors of seeing death, injury, and being afraid for your safety and the safety of others practicing rituals might help you get through these stressors.



Set an empty place at the table for a fallen friend when sitting down to a meal and take a moment to remember good times spent with them.

Say a prayer or listen to a song that puts your mind in a good place before heading into a mission or situation you're dealing with.

Before moving out of your home, take time to reflect on the good times you had there, also think of the possibilities and adventures you'll have in a new place.

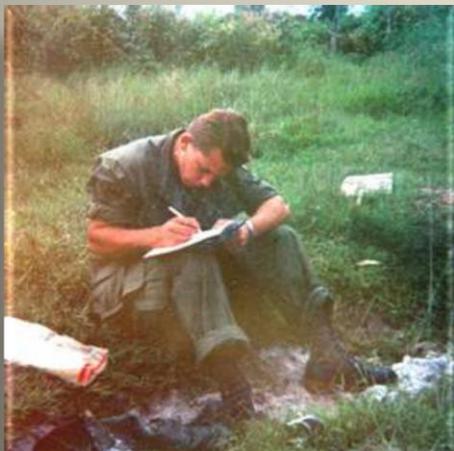
Play practical jokes and use humor to keep your own, and those around you, spirits up.



There are some rituals that can help you acknowledge good memories.

Connection Rituals

In the ARNG you will experience being away from loved ones and rituals can help you maintain a connection with them.



You can write letters to those you miss, catch up with friends and family by talking on Skype or the phone, look at photographs before going to bed, hold an item that reminds you of a great memory,



Joking with and encouraging your battle buddies or huddling up to motivate the group before entering a dangerous situation.

Make an effort to celebrate birthdays, congratulate on anniversary's, or throwing a party for the whole unit before deploying to strengthen bonds in your unit.



You may already be doing some of these rituals without even knowing it.



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Module Activity

- ❑ Create your own ritual that can add meaning to your life and help you stay centered.

A meaningful ritual should be symbolic of your values

- It should involve your full attention as you perform it.

The ritual you create or adopt might include an object

- Are there any objects that would be meaningful for your rituals?

How do you want this ritual to help you

- How do you want this ritual to help you connect you to others, live out Army values, cleanse, or cope with loss.?



- ❑ Whatever rituals you decide to bring into your life, just remember to make it meaningful and helpful to YOU.

Take Away

- ❑ Incorporating rituals in your life will open you up to be more in touch with yourself and better able to act on your values time after time.



Rituals help you to:

A concrete action with meaning.

A ritual is:

A tool to help you act from your values and core self.

Symbolic of your values, involves your full attention and an action.

Make informed 'split second' decisions

Remain a strong, centered person under stress

Bring Army values to life both on and off duty

Reflect on and connect with your deeper purpose and human spirit duty



- ❑ Rituals can help you identify your core self and aspirations, reminding you of who you are and what you stand for.