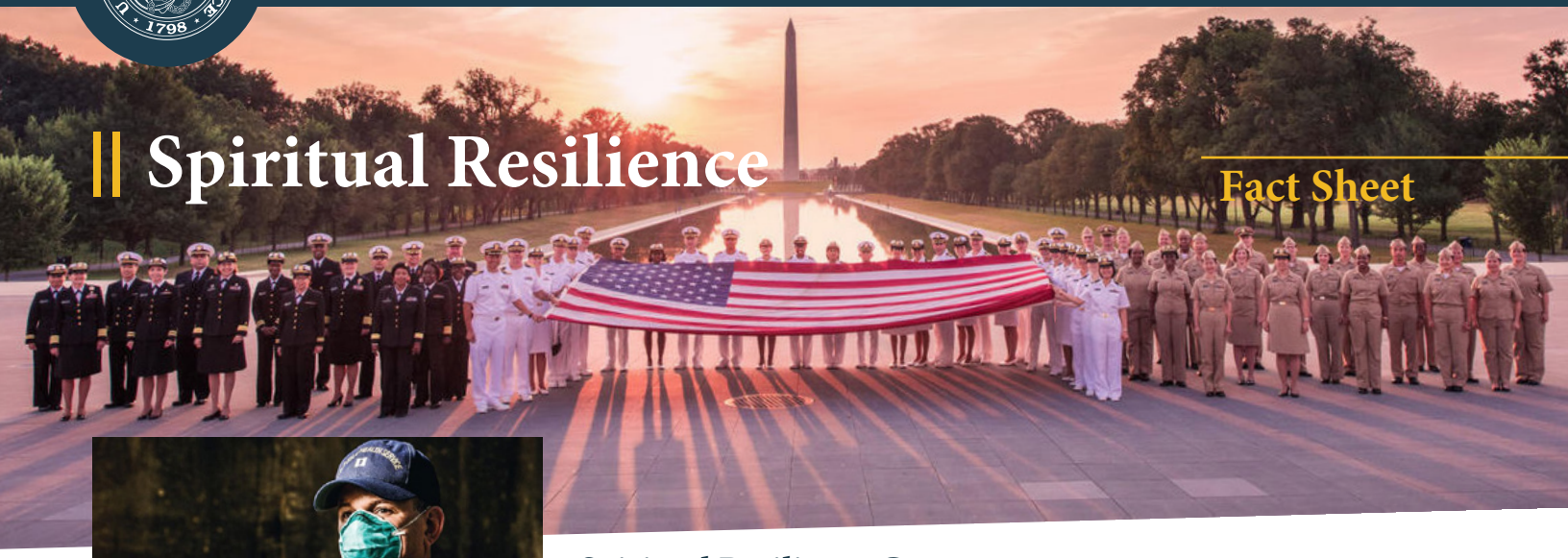
COMMISSIONED CORPS
OF THE U.S. PUBLIC HEALTH SERVICE



Spiritual Resilience

Fact Sheet



Spiritual resilience is the ability to maintain one's sense of meaning, purpose, integrity, and connection during times of adversity.

As USPHS officers, this resilience supports mission readiness, emotional well-being, and ethical decision-making.

Examples of Spiritual Resilience in USPHS Officers:

- **USPHS officers deployed to high-risk areas can utilize their spiritual resilience to maintain focus and emotional strength.**
- **Officers can share stories of finding renewed purpose through service, supporting one another, and maintaining morale by reflecting on the impact of their team's unique presence.**

Spiritual Resilience Components

- Maintaining optimism and hope
- Engaging in spiritual practices such as prayer, meditation, or mindfulness
- Drawing on personal moral values and beliefs
- Seeking support (peers, mentors, and community)
- Finding meaning and purpose in service and life

Benefits

- Improved coping with operational stress and trauma
- Enhanced emotional and psychological well-being
- Greater capacity for growth
- Strengthened relationships and team bonds

Take Action

- Connect with your agency's PHS Wellness Champions for guidance and support.
- Engage in reflective practices such as journaling, meditation, or prayer.
- Participate in peer support groups or mentoring programs within USPHS.
- Take time to reflect on the mission and values of the USPHS and how they align with your personal purpose.

Resources

- U.S. Department of Veterans Affairs. (n.d.). Spirituality and resilience. National Center for PTSD. https://www.ptsd.va.gov/professional/treat/care/toolkits/clergy/spiritualityResilience.asp
- U.S. Department of Veterans Affairs. (n.d.). Building Spiritual Strength (BSS). Veterans Affairs Innovation Marketplace. Retrieved from https://marketplace.va.gov/innovations/building-spiritual-strength

Wellness is important to focus on: https://dcp.psc.gov/ccmis/Wellness_Support_Resources.aspx

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