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**ASMC Yankee Chapter  
Stress & Resiliency  
Chaplain Dave Logan**

**15 November 2017**

**U.S. AIR FORCE**



# Agenda



- Life's Big Questions
- Moral Injury vs. PTSD
- The Stress Continuum
- Operational Stress Assessment
- Spiritual Healing: Barriers & Possibilities



# Life's Big Questions



- Who am I?  
(Identity)
- Where do I belong?  
(Identity/Purpose)
- Where am I going?  
(Purpose, Vision)
- How do I get there?  
(Empowerment)



***Any or all of these can be called into question by a traumatic event!***



# Moral Injury



*“Moral injury is disruption in an individual’s confidence and expectations about his or her own moral behavior or others’ capacity to behave in a just and ethical manner... the lasting impact of moral injury in war remains chiefly unaddressed...”*



# Moral Injury



- What is Moral Injury?
- Injury to a person's moral conscience resulting from an act of moral transgression
- Perpetrating, failing to prevent, bearing witness to, or learning about act that transgress deeply held moral beliefs
- Not pathology/PTSD— normal human reaction to an abnormal event





# Moral Injury vs. PTSD



**PTSD**

**Both**

**Moral Injury**

Startle Reflex  
Memory Loss  
Fear  
Flashbacks

Anger  
Depression  
Anxiety  
Insomnia  
Nightmares  
Self-Medication

Sorrow  
Grief  
Regret  
Shame  
Alienation

**FEAR**

**Shame, Guilt, Failure**

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# Responses



- Does not present immediately
- Treatment defined by
- Individual according to beliefs & Needs
- Confession/ Religious dialogue
- Debriefing/ “Talk” therapy
- Art
- Writing
- Spiritual gatherings
- Prepared Awareness
- Normalization



# Four Causes of Stress Injury



Intense or Prolonged  
Disaster or Operational Stress

Life  
Threat

- A traumatic injury
- Due to an experience of death provoking terror, horror, or helplessness

Loss

- A grief injury
- Due to the loss of cherished people, things, or parts of oneself

Inner  
Conflict

- A moral injury
- Due to behaviors or the witnessing of behaviors that violate moral values

Wear &  
Tear

- A fatigue injury
- Due to the accumulation of stress from all sources over time without sufficient rest and recovery

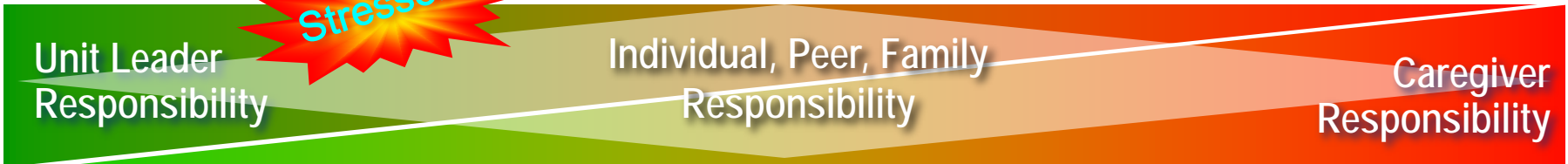




# Stress Continuum



<b>READY</b> (Green)	<b>REACTING</b> (Yellow)	<b>INJURED</b> (Orange)	<b>ILL</b> (Red)
<ul style="list-style-type: none"> <li>• Good to go</li> <li>• Well trained</li> <li>• Prepared</li> <li>• Fit and focused</li> <li>• Cohesive units &amp; ready families</li> </ul>	<ul style="list-style-type: none"> <li>• Distress or impairment</li> <li>• Mild and transient</li> <li>• Anxious, irritable, or sad</li> <li>• Behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• More severe or persistent distress or impairment</li> <li>• Leaves lasting memories, reactions, and expectations</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injuries that don't heal without help</li> <li>• Symptoms and impairment persist over many weeks or get worse over time</li> </ul>



# Most Important Distinction: Yellow Zone Reactions vs. Orange Zone Injuries



Stress Reactions

- Bending from stress
- Very common
- Normal
- Always goes away



Stress Injuries

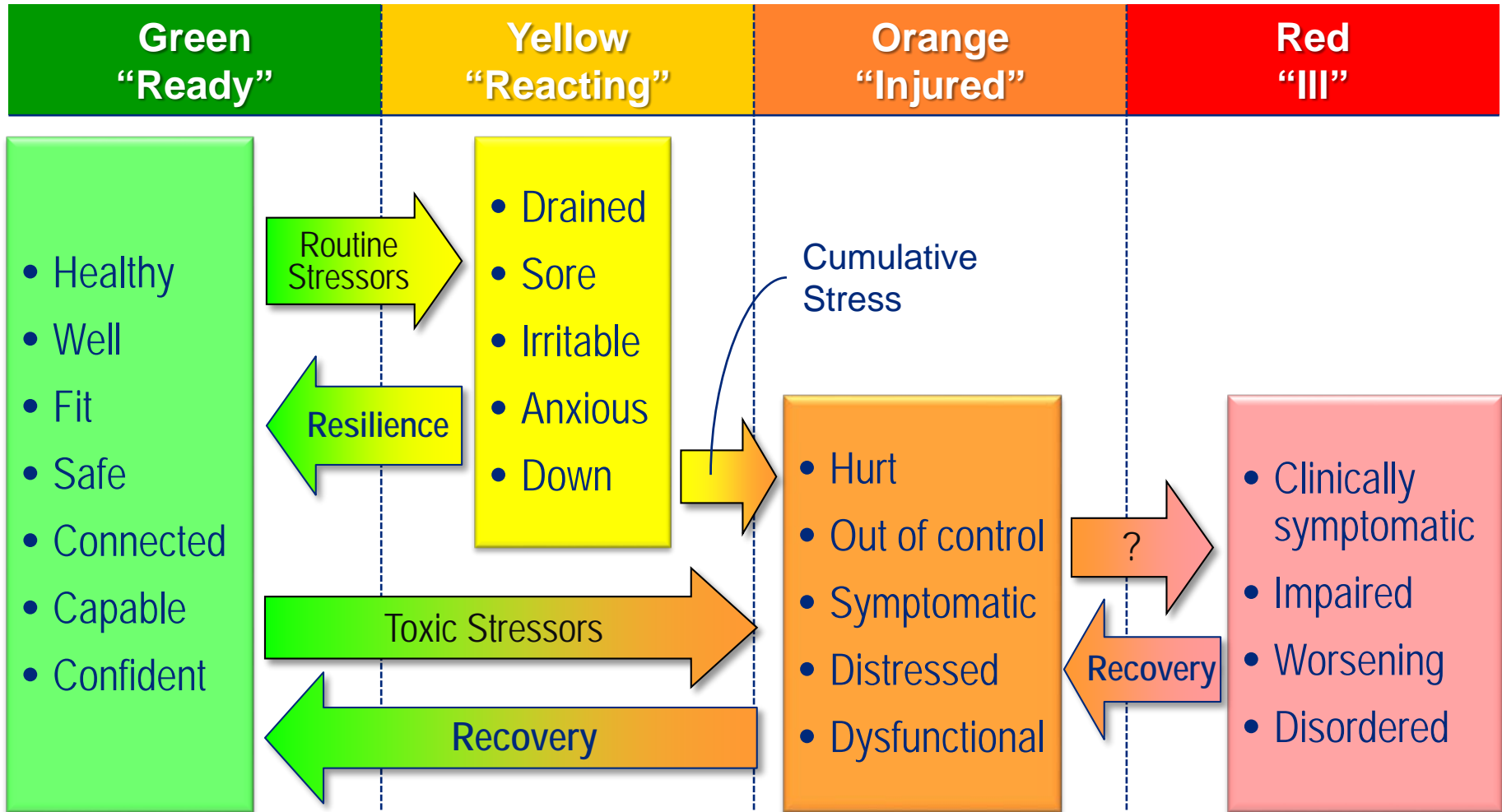
- Damage from stress
- Less common
- Risk for role failure
- Risk for stress illness



# Stress Continuum Transitions



## Stress Zones



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# SPIRITUAL FITNESS GUIDE



<b>Spiritually FIT</b>	<b>Spiritually DISTRESSED</b>	<b>Spiritually DRAINED</b>	<b>Spiritually DEPLETED</b>
<p><u>POTENTIAL INDICATORS</u></p> <ul style="list-style-type: none"> <li>Engaged in life's meaning/purpose</li> <li>Hopeful about life/future</li> <li>Makes good moral decisions</li> <li>Able to forgive self and/or others</li> <li>Routinely practices faith disciplines</li> <li>Respectful to people of other faiths</li> <li>Engaged in core values/beliefs</li> <li>Appropriately makes worldview adjustments</li> </ul>	<p><u>POTENTIAL INDICATORS</u></p> <ul style="list-style-type: none"> <li>Neglecting life's meaning/purpose</li> <li>Less hopeful about life/future</li> <li>Makes some poor moral decisions</li> <li>Difficulty forgiving self and/or others</li> <li>Infrequently practices faith disciplines</li> <li>Less respectful to people of other faiths</li> <li>Neglects core values/beliefs</li> <li>Adequately makes worldview adjustments</li> </ul>	<p><u>POTENTIAL INDICATORS</u></p> <ul style="list-style-type: none"> <li>Loss sense of life's meaning/purpose</li> <li>Holds very little hope about life/future</li> <li>Makes poor moral decisions routinely</li> <li>Unable to forgive self and/or others</li> <li>Discounts practices of faith disciplines</li> <li>Strong disrespect to people of other faiths</li> <li>Disregards core values/beliefs</li> <li>Inadequately makes worldview adjustments</li> </ul>	<p><u>POTENTIAL INDICATORS</u></p> <ul style="list-style-type: none"> <li>Claims life has no meaning/purpose</li> <li>Holds no hope about life/future</li> <li>Extreme immoral behavior</li> <li>Forgiveness is not an option</li> <li>Abandons practices of faith disciplines</li> <li>Complete disrespect to people of all faiths</li> <li>Abandons core values/beliefs</li> <li>Inappropriately makes worldview adjustments</li> </ul>



# Spiritual Healing



- The Barriers:
  - The damage is done
  - Stinkin' Thinkin'
- The Opportunity:
  - Remember the big questions:



*Who am I? Where do I belong? Where am I going? How do I get there?*

- The opportunity is to explore new answers to the big questions and to redefine ourselves



# Trauma=Loss=Grief



- Stages of Grief:
  - Denial: *feel numb, life has no meaning*
  - Anger: *includes blaming*
  - Bargaining: *If only....*
  - Depression: *withdrawal from life, feeling that it will never go away*
  - Acceptance: *doesn't mean you're OK with what happened, but that you've come to terms with what happened, recognize that it can't be changed, but you're learning to live, even though a sizable chunk of your comfortable past is gone.*



# Facilitating Healing

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- Be aware of your own attitudes & beliefs
- Respect the attitudes & beliefs of others
- Set goals that are achievable
- Do not expect a miracle
- Realize that you can't go back; you can only go forward
- Go with what works
- Wounds leave scars; but they become a part of who you are



# Spiritual Healing

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Questions?

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