



# Stuttgart Scuba Diving Spiritual Resiliency



**Summary:** The USAG-Stuttgart RSO partnered with the HHC Garrison to design and implement a Spiritual Resiliency event for 25 Active Duty members from various units across the Stuttgart Community and their family members. Mr. Merry, the lead Spiritual Resiliency Facilitator, developed a Resiliency Experience to include reflection questions to work on during the van ride to the event and during the event itself. The theme for the event was “Faith and Fair.” Mr. Merry was assisted by 1SG Aguillen in facilitating an honest and open conversation beginning with a reflection on a Buddhist Koan and Christian Scripture that helped us reflect on fear as both a positive and a negative emotion. The event capitalized on all five pillars of the CSF2 model and Ready and Resilient campaign. The military members were able to experience community in a new way since many of them represented many different units within Stuttgart. The end result was the ability to name which fears are positive and which are negative. The program ended with learning our pattern of encountering fear and how we might counteract that pattern with positive thoughts and energy.