



JOINT TASK FORCE CIVIL SUPPORT

CHAPLAIN'S DEVOTIONAL / 8 OCTOBER 2012

Public Affairs Operations 1504 Madison Avenue, Fort Eustis, VA 23604 757-501-7856/7851 www.jtfc.northcom.mil

Bouncing Back

By CH (LTC) J. D. Moore

Full-Time Support Chaplain, Virginia Army National Guard

Several days ago my 3 year old grandson, Bowen, was placed in his bed for the night. As usual, the "Bowenator" cried sharing his displeasure with the bedtime scene. From the living room, I listened to him cry. He began to call out, "Papa, Papa, come and be with me, I am so lonely! I need your help!" Bowen made his plea several times before my heart could not take it anymore; I had to go see about him. As I sat on his bed in the dimly lit room he said, "Papa, thanks for coming in to be with me, I only had one more tear left in my eyeballs." I had to laugh. This story leads me to this week's Spiritual Resiliency Message about asking for help. It is ok - no, it is better than ok - it is healthy to ask for help when in need.

Many of us do not like to ask for help. In the magazine, Psychology Today, 16 June 2011, Toni Bernhard wrote, "Many of us don't like to ask for help. We may have been taught that it's a sign of weakness, so we cling to the notion, "I can do everything myself," even when it's no longer the case." I say we need to ask for help!

In life we repeatedly engage issues, problems and situations that we are not prepared, neither trained nor equipped to solve. This can cause major frustration and stress depleting our resiliency level, zapping our mental agility and consuming precious energy. According to a University of Pennsylvania study by sociologist, Vibha Sanghvi, "...we learn that asking for help is one way to problem-solving and most of us learn this technique from our parents." However, many folks still fail to ask for advice, council, help or assistance with dilemmas leading to a serious lack of bounce back (resiliency) after encountering mentally draining roadblock situations.

For your resiliency, I would strongly suggest that you ask for help. Attempt to define the problem, try to think of your own solutions, bounce your solutions off someone else and ask them for help in developing other solutions. You may be surprised how effective asking for help can be and how you can unburden yourself. Thinking that you need to come up with all the solutions in solving your problem is detrimental to your personal resiliency. There are many resources available to us all - all we need to do is ask for assistance. Asking is not a sign of weakness, but rather a sign of strength and confidence in one's self and demonstrates the wisdom needed for self preservation.

From whom should you ask for help? The Scriptures provide us some insight on whom to ask for assistance when we need it. God's word tells us to ask for help from those who are knowledgeable, "The lips of the wise give good advice; the heart of the fool has none to give." So, ask someone (a WELL INFORMED NCO is a great resource) who has knowledge about the type of problem you are experiencing. Build your resiliency and stay resilient - ask for help!

Personally, I have always found comfort in knowing God; he has always been my help in my times of need and difficulties. He has and always will be my personal resiliency force multiplier. "God is our (MY) refuge and strength, an ever-present help in trouble." (Ps. 46:1) Additionally, I have also always attempted to surround myself with people who are smarter than me (difficult to do -LOL) in order to glean from their knowledge. Generally, this Chaplain has never been shy from asking others to help. Call me weak or call me smart - I am resilient! I bounce back like a SUPER BALL and you can to! Blessings!