Impact of Spirituality on Resilience and Coping during the COVID-19 Crisis

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Presenter Disclosures

- Based in North Carolina, U.S.
- Lived in The Gambia, West Africa and Wales, United Kingdom
- Research: HIV/AIDS, Cancer, Health & Religion; Access to Care; Health Disparities
- Professional and personal connections to faith-based communities
Overview

- Research project
- Spirituality
- Resilience
- Benefits of Spirituality + Resilience
- Spirituality and Resilience during COVID-19
- Next steps and Resources
Spirituality
Spirituality has been defined as broader than religious faith and is a dynamic connectedness to oneself, others, nature, or God in meaning making constructs.

(Jones et al., 2016)
Individual Experience = Where spirituality and religion (or none) overlap. This affects the way we think, feel, and behave—especially during transformation.
Resilience
Resilience
RESILIENCE: the ability to recondition and rebuild a steady psychological and physical state when challenged with major adverse life events.

(Seiler & Jenewein, 2019)
Spirituality + Resilience
Spirituality + Resilience

- Personal meaning
- Connectivity
- Values
- Direction in life
- Ability to face “hard things” or challenging times
- AND support + resources needed to **process** and **heal**
Spirituality & Resilience during COVID-19

Spirituality + Resilience + COVID-19 = ?
Lessons Learned

Spirituality + Resilience + COVID-19:

- Optimism
- Hope
- Peace
- Comfort

But also …

- Fear
- Despair
- Doubt
Next Steps & Recommendations

• Fostering spiritual growth **AND** resilience
• **Dig deep** into sacred texts
• Integrate **lived** experiences
• Embrace the sometimes **long** and **challenging** journey
• Assess and adjust
Faith is not an anti-depressant. It cannot be swallowed to rewire our brains for happiness.

Rev. Dr. Sarah Lund
Spirituality and resilience can be a vehicle that not only safely and securely drives us through life, but holds all our luggage.

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Acknowledgements

- Dr. Anka Roberto
- Dr. Alicia Sellon
- Dr. Josalin Hunter-Jones
- Mrs. Heidi Winslow
Let’s Keep in Touch!

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thank you!