FINDING A NEW NORMAL: A SCHOLARLY PERSONAL NARRATIVE ON RESILIENCE DURING THE COVID-19 PANDEMIC

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Outline

- Review the study of resilience

  - Resilience as a process

- Introduction to scholarly personal narratives

- Sharing personal experiences with the application of the resiliency process

- Recommendations

The Study of Resilience

Resilience research reaches multiple disciplines, with each discipline incorporating certain aspects of the theoretical framework into their definition.

Fletcher and Sarkar (2013)

- In psychology the aspects of adversity and positive adaptation must be present for someone to demonstrate resilience

Berkes and Ross (2013)

- Community resilience: social ecological vs. Psychology and mental health
  - Social-ecological systems benefit communities tied to place and resource
  - Psychology and mental health benefits communities independent of resources

Resilience as a Process

- Glenn Richardson (2002)
  - *Begins with biopsychospiritual homeostasis*
  - *Encountering disruptions*
    - Intrusive thought
    - Death of a loved one
    - Global pandemic
  - *Choice to:*
    - Resiliently reintegrate
    - Reintegrate back to homeostasis
    - Reintegrate with loss
    - Or reintegrate with dysfunction

Scholarly Personal Narratives

Nash (2011) Introduced this alternative form of scholarly writing as a way to liberate the writer from the confinements of traditional academic writing while still maintaining rigor.

There are four different components:

- Pre-Search
  - *Brainstorming, free-writing, self-reflection*

- Me-Search
  - *The realization that the writer's story is worth telling*

- ReSearch
  - *Collecting literature to support the writer's story*

- We-Search
  - *A unique characteristic of SPNs from other non-scholarly personal narratives*
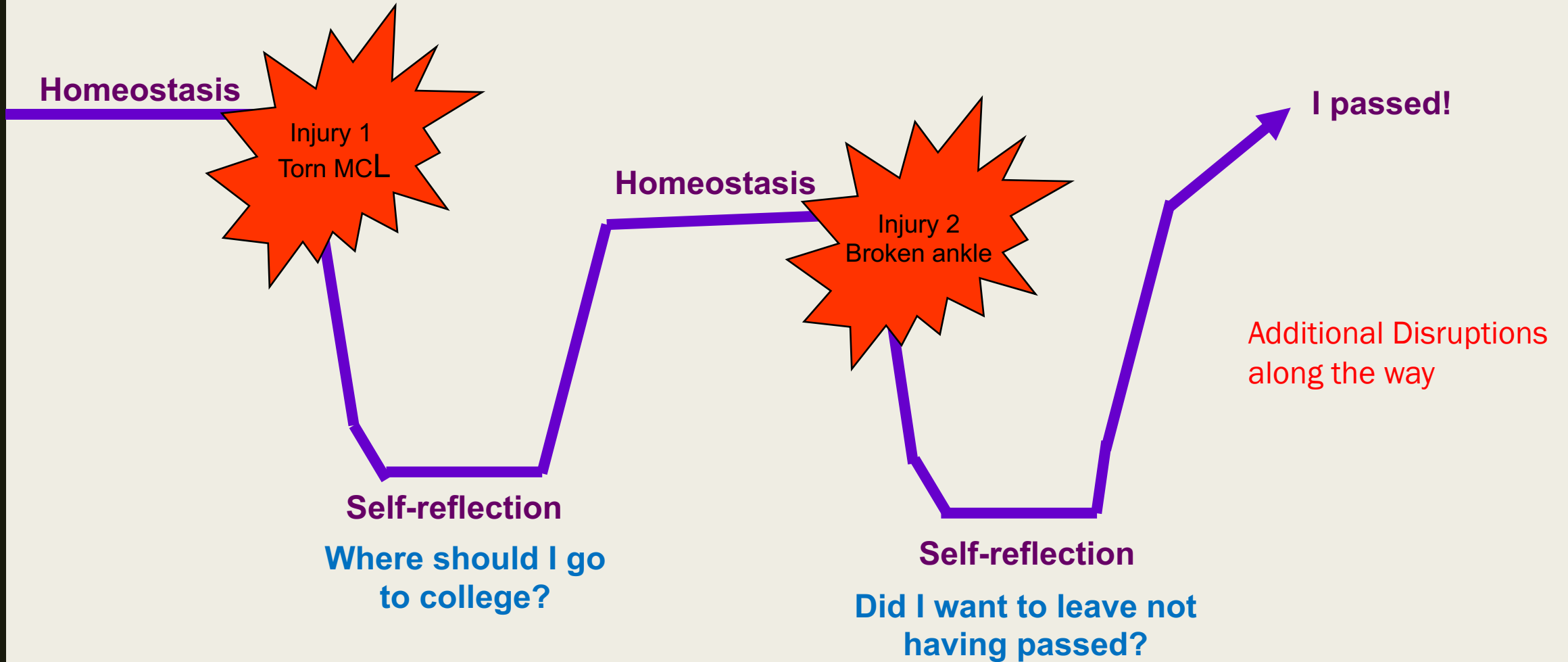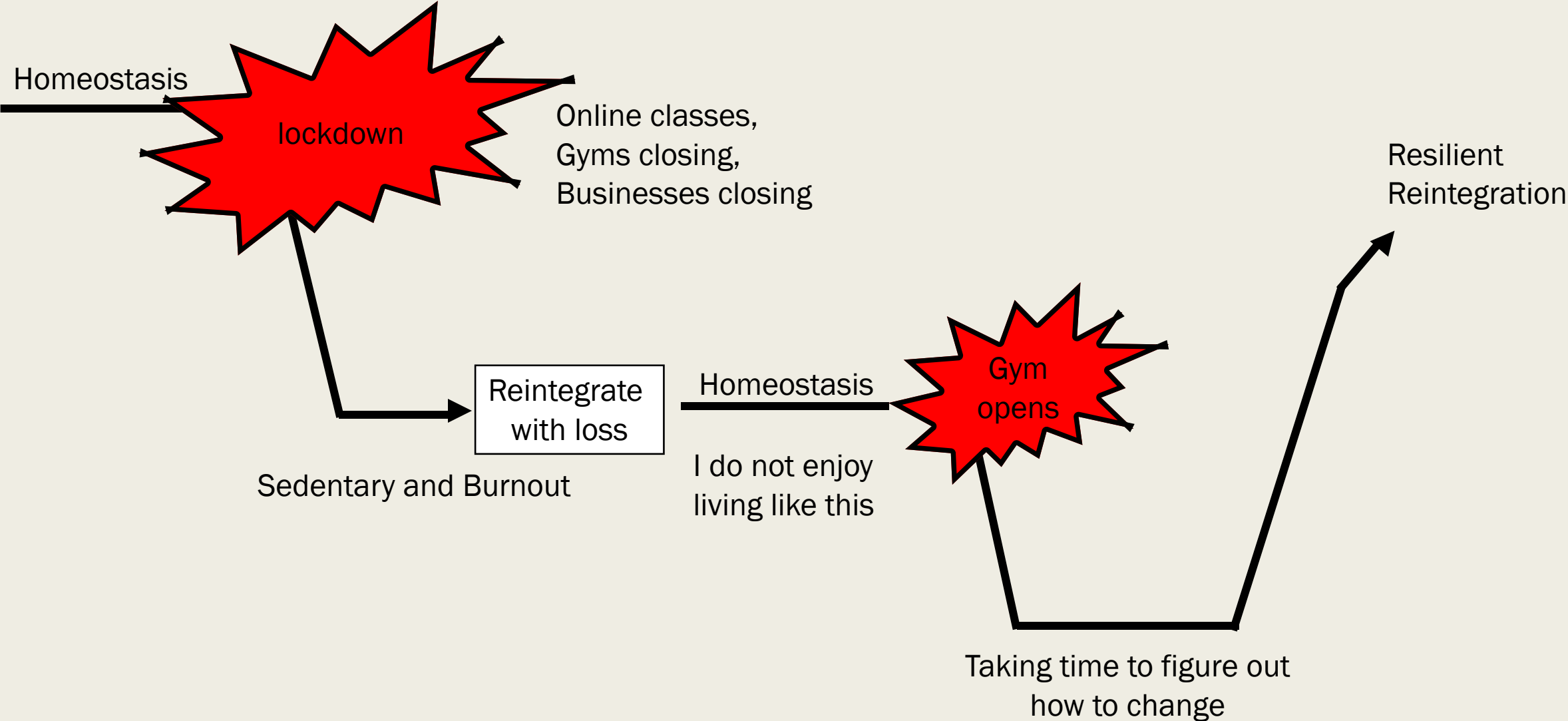
My First Encounter with Resilience
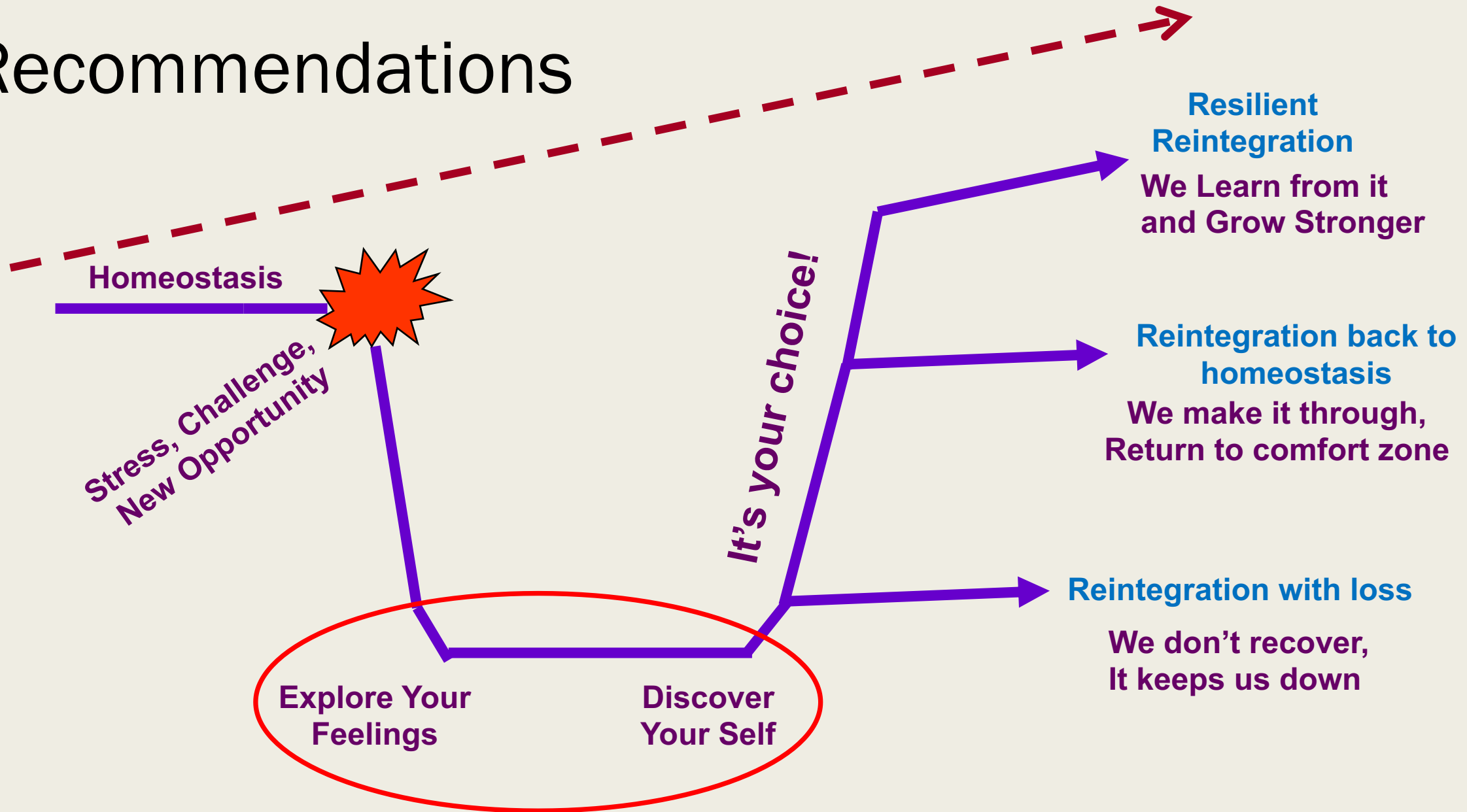
Age 7

Age 10

Age 15

Age 18

Recommendations

Thank You For Watching

References

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