

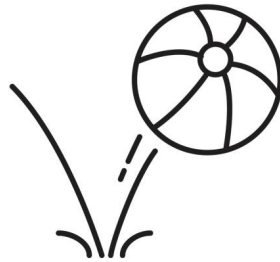
Resilience via Impact: The 6 Core Powers of Strong & Resilient People



Alumni & current students provide insights toward the building of Marrow's Resilience Theory of the 6 Core Powers of Strong and Resilient People

What is Resilience?

Latin term "Resilio"meaning
to bounce back.



Marrow's Previous Studies Revealed 8 General Themes

- 1) Locus of Control
- 2) Heroism
- 3) Social Support
- 4) Physical Stamina
- 5) Communication Commitment
- 6) Concern for Others
- 7) Acknowledgement of Future Plans
- 8) Opportunistic Reframes of Event

Resilience Requires:

The enactment of the **6 Core Powers** (Self-Empowerment, Future Vision, Social Connection, Life Quality, Communication, and Resources) to conquer and manage life's challenges, changes, and loss. (Marrow, 2020).

THE SIX CORE POWERS OF RESILIENCE

POWERS	EXPLANATIONS
1 Power of Self-Empowerment	<ul style="list-style-type: none"> • Feels in control of own destiny • Exhibits positive self-esteem behaviors • Shows courage and self-confidence amidst event • Finds the hope, inspiration, & gratitude needed to cope/thrive
2 Power of Future Vision	<ul style="list-style-type: none"> • Shows motivation and desire to move forward • Develops and enacts strategic future plans that incorporate logic, creativity, & sense of adventure • Reframes event as hopeful or opportunity for positive change
3 Power of Social Connection	<ul style="list-style-type: none"> • Feels a sense of belongingness with others • Experiences support and concern from others • Values and appreciates the event's human connections • Acknowledges role models or heroes involved

4 Power of Life Quality	<ul style="list-style-type: none"> • Has necessary physical abilities (stamina, energy, fitness level) • Gets adequate sleep & proper nutrition • Demonstrates emotional health (managed depression, fear, anger, and/or anxiety levels; shows positivity & sense of humor) • Demonstrates intellectual and cognitive abilities/tasks • Seeks professional help for managing health, if needed
5 Power of Communication	<ul style="list-style-type: none"> • Willingness to self-disclose & share stories about event • Ability to forgive self & others • Practices assertiveness, decision-making, conflict management • Expresses emotions with self and others
6 Power of Resources	<ul style="list-style-type: none"> • Has sufficient finances needed for recovery • Has basic needs of shelter, clothing, supplies, & food met • Has returned to gainful employment following event • Experiences time in meaningful, productive manner

Resilience Insights from UNC Communication Alum

Summer Preston, Ph.D., UNC Alum

Resilience, Health & Body Image in the Gym

- ★ Doctoral Dissertation: “**Bearing the Weight of Healthism: A Critical Discourse Analysis of Women’s Health, Fitness, and Body Image in the Gym**”
 - Interviewed women (aged 18-67) about experiences at a local chain gym, pseudonym *Be Fit Gym*
 - I identify as a Critical-Interpretive Health Communication scholar
 - Findings illustrate a **neoliberal ideology** surrounding health and exercise
 - Individual responsibility for ‘**health**’, often conflated with ‘**appearance of health**’
 - Women simultaneously reproduce this ideology while also demonstrating **cracks of resistance** (i.e. self-empowerment, sense-making, avoiding the scale as a measure of health)



Findings: Intersections with Resilience

1. **Power of Self-Empowerment**
 - a. Women feel in control of decision to workout
 - b. See other women in intimidating areas of gym, find inspiration
2. **Power of Future Vision**
 - a. Desire to age healthily, build healthy habits now for future selves and family
 - b. Start of new year framed as opportunity for positive change
4. **Power of Life Quality**
 - a. Exercise helps with mental and physical health
 - b. Building fitness to be happy and healthy



Image of the researcher lifting 20lbs representing self-empowerment and resistance to prescribed image (above) of a hyper-feminized woman in the weight-room (limited to lifting 10lbs)

Betty Brown, M.A., UNC Alum

Resilience in Action

- ★ “I do know it somehow has to do with sticking together as we try to make sense of chaos, and that seems a way to begin. We could start with something relatively easy: C.S. Lewis famously said about forgiveness, “If we really want to learn how to forgive, perhaps we had better start with something easier than the Gestapo”. Maybe, counterintuitively, it makes sense to start right off with hard, rather than easy: Where is life’s meaning after Katrina or an unwanted divorce?” (Lamont, 2013, p. 2-3)
- The Powers of **Social Connection** and **Communication** through story
 - **Walter Fisher** – the most influential theorist in area of Narrative Criticism
 - Per Fisher (1989) all communication can be seen as stories, shaped by history, culture, & characters
 - **Alasdair MacIntyre**, describes a human as “essentially a story-telling animal, but a teller of stories that aspire to truth.”
- There is a **three-step process** through which narratives enable us to organize stimuli and interpret reality
 - 1) make sense of people, places, events & actions → 2) decide what an experience is about, and → 3) lead to decision

Betty's Story

- **Summer of 2003:** Family Communication with Dr. Marrow
 - Family motto – called family theme: My mother often said “we don’t wash our dirty linen in public”
 - I learned this theme well and kept silent about too many obstacles
- **2005:** Dr. Marrow began her study of resilience interviewing those who lost homes in hurricane Katrina
- **2010:** We traveled to Peru to work with a Partners of the Americas volunteer group in a recovery project for those who lost homes in a devastating earthquake.
- **March 2013:** We started studying Resilience as either an “Obstacle” or an “Opportunity”
- **August 2013:** It is emotional for me to realize how big my life changed just five months later, when I was diagnosed with **Stage IIIC cancer**
 - That family theme can be described as a type of metaphor – a word picture.
 - I was the type of person who in a personal crisis would “roll up the sidewalk,” “lock the doors,” and “unplug the telephone.” That is what I planned to do.
 - My husband of ten years would not let me this time, he said “***you have to tell people and let people in***”
 - The result was **hundreds of encouraging messages** (our mail carrier told us she had never delivered so many cards)
 - This obvious social support encouraged our mail carrier when her husband received a cancer diagnosis
 - Email brought messages of prayer support from around the world from people we met had because of our volunteer work
 - A charm bracelet was worn during every treatment, reminding me of connections.
 - Friends and family members sent charms marking shared life events.
 - Nurses asked me and I was able to share stories about these people
 - Recovery from cancer and cancer treatment was doubtful. Three dear ones with the same diagnosis have passed away since this happened to me.
 - Remaining clear of cancer remains doubtful, though time helps
 - I experienced **Resilience in Action.**

Betty's Resilience in Action

3. Power of Social Connection

- One reason for my recovery was because of ***Social Connection***, because of powerful connections and support
- I felt a sense of belonging
- I experienced support and concern
- I had role models when others receiving treatment mentored me
- Two women became “side effect sisters” as we received weekly chemo treatment each, side by side. Together we lost hair and toenails and gained laughter and friendship.

5. Power of Communication

- It took a kind of courage to exercise this ***Power of Communication***
- I had to be willing to self-disclose
- I had to forgive myself for getting ill
- I had to make decisions about treatment. Of course, that was done with my husband
- I had to express emotions that I would have preferred to keep under a mask
- I prefer not to use the word “survivor” as that suggests being a “victim”

Hope Over Fear

- My husband and I recently returned from a driving trip to the SE region of the United States. We saw many hurricane evacuation route signs in areas where Katrina struck in August 2005. You might remember that Katrina was one of the first natural disasters studied by Dr. Marrow and her teams of researchers.
 - There were no shoulders on these roads to pull off on if you run out of gasoline. The signs were a reminder to be prepared before it is time to evacuate.
Could this be a metaphor for running out of energy on your own?
 - **What is your plan?**
 - **Are you developing a support system now?**
 - **Before the storm?**
 - **Before the diagnosis?**
- Elizabeth Warren (quoting President Obama) said in her final debate as a Democratic Presidential candidate on February 19, 2020 “**I choose hope over fear.**”
- Obama said in an address to the United Nations
- *We choose hope over fear. We see the future not as something out of our control, but as something we can shape for the better through concerted and collective effort. We reject fatalism or cynicism when it comes to human affairs; we choose to work for the world as it should be, as our children deserve it to be.*
- We have choices, too
- We can **choose** to tell our stories, **choose** a plan, and **choose** to develop a support network now.
- Sitting down to tell our stories and to listen to the stories of others provides a source of hope.

This is true Resilience in Action.

Explanation of Select Powers by Students

3- Power of Social Connection

Presented by Megan Case & Tanner Porter

What is the Power of Social Connection?

- The power of social connection is the power within all of us to lean and rely on people in our lives
- Friends, family, even coworkers can fall into the category of a **positive social connection**
- We have learned (and I'm sure you have as well) that our ability to combat tough times in life is in-part reliant on the people we have within our close circles.
- These are people we care about and people who care about us!

How does the Power of Social Connection contribute to resilience?

- Having positive social connections decreases your chances of developing depression, lowers your stress levels, and improves your overall health
 - “supportive relationships that foster attachment, guidance, reliable alliance, social integration, and reassurance of worth” (Suttie, 2017) are especially beneficial
- Positive social relationships help individuals learn to be more selfless and increase their gratuity which in turn, strengthens the amount of social support individuals continue to attain
 - More positive social support = more feelings of purpose and optimism

Source

Suttie, Jill. “Four Ways Social Support Makes You More Resilient.” *Greater Good Magazine: Science-Based Insights for a Meaningful Life*, The Greater Good Science Center at the University of California, Berkeley, 13 Nov. 2017, greatergood.berkeley.edu/article/item/four_ways_social_support_makes_you_more_resilient.

6- Power of Resources

Presented by Daveon Douglas & Joanna Freeman

What is Resilience?

Resilience is typically defined as the *capacity to recover from difficult life events*.

- “It’s your ability to withstand adversity and bounce back and grow despite life’s downturns,” says Amit Sood, M.D.

Dr. Marrow (2019) defines resilience as:

- “Having the freedom, courage, creativity, and ability to navigate and grow from life’s challenges, changes, and losses.”

Resilience: Nashville Tornado 2020

- There is no better example of resilience and the power of resources than the survivors of the tornado that hit Nashville.
- Unfortunately, no matter how much these victims worked hard and were probably financially savvy, this is the kind of **unexpected event** that shook them to their core.
- Working together with financial institutions, insurance companies, donations and sponsors they have shown the resilient spirit to recover. ***The Power of Resources!***

Resilience: Nashville Tornado 2020

- 25 people killed
- Not stopping to think about the financial consequences, the residents turned to grieving, picking up the pieces of shattered lives and helping each other
- Communities turned out to help those injured or left homeless or simply to share their grief
- The **Power of Resources** are at work:
 - Donations and financial support is rolling in to help rebuild and recover. (Stangling D. et. al, 2020)

Mount Zion Bishop Joseph Walker said at a Nashville prayer service:

"Tonight is an opportunity to come together as a city. There has been a devastating level of loss, but we've also seen the incredible spirit of Nashville, the resilience, the volunteers, people are doing great things."(Stangling D., et. Al, 2020)



**This my friends is a real life
definition of Resilience and the
Power of Resources!**

Sources

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Be on the lookout for...

- **Specific Resilience in Action stories gathered by students**
 - These are real stories of resilience directly from people who have experienced adversity in their lives
- *To be included in future conference proceedings!*