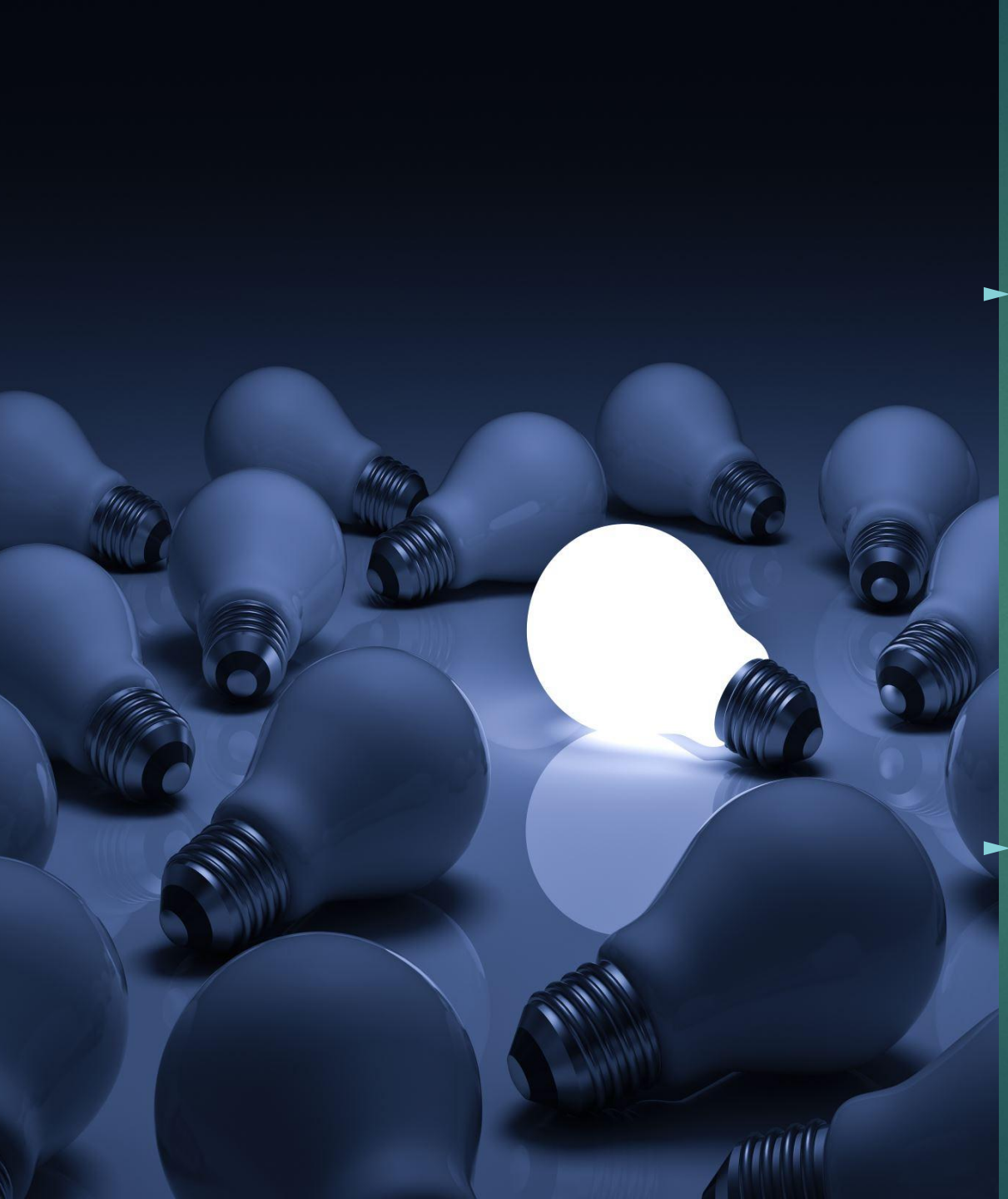
Personal, Community, and National Resilience During Times of War

DR. SHLOMIT WEISS-DAGAN



Resilience

- Resilience is a term taken from engineering. It refers to material that goes back to its original form after pressure is applied and then released. It represents the ability to bounce back and return to baseline.

- Resilience is an ability and a process, not an outcome.

Resilience

- Professor George Bonanno is one of the key researchers and developers of the resilience concept. He has contributed to the understanding that resilience is a common and natural response to loss or trauma.

October 7th, 2023

"Here am I floating 'round my tin can

Far above the Moon

Planet Earth is blue

And there's nothing I can do"

TRAUMA

THIS
IS MAJOR
TOM TO
GROUND
CONTROL
JAB

Lahad's Basic-Ph

- B- belief
- A- affect
- S- social
- I- imagination
- C- cognitive
- Ph- physical

...THIS IS MAJOR TOM TO GROUND CONTROL, I'M STEPPING THROUGH THE DOOR"...
DAVID BOWIE

Three forms of Resilience

Reconfiguration

Resistance

Recovery

“He who has a why to live for
can bear almost any how.”

(Friedrich Nietzsche)

War dictionary for social workers

Since October 7th, the reality of our lives has changed, and with it words and concepts have taken on new meaning. The School of Social Work at Bar-Ilan University launched the project, *Dictionary of War for Social Work*, the purpose of which was to make relevant knowledge accumulated by researchers from the School accessible to students and attorneys in the field.

- **The dictionary has 17 categories divided into three clusters:**
- Therapeutic interventions during times of war
- Society and community perspectives of the war
- Spotlight on specific populations during times of war (disabilities, gender, etc.)

Post-Traumatic Growth

"I am more vulnerable than I thought, but much stronger than I ever imagined."

(Calhoun & Tedeschi, ***PTG as Process and Outcome,*** 2006 , p. 5)

1967Rene Magritte

Community resilience

Community resilience is defined as a community's ability to withstand loss or recover from damage. It is the sum of its members' collective efforts and activities to return to routine (even if new) and function effectively after a disaster. A community is resilient if it is flexible, able to adapt to the circumstances, and able to continue operating effectively.

Community resilience

”,When I rebuild the city I feel like I'm rebuilding myself"

said Cassandra Andrews, a resident of New Orleans, after Hurricane Katrina

(Shock Doctrine/ Naomi Klein)

The resilience of my community

- On October 7th, intensive community interventions began, like nothing we've ever seen before:
- From that day and throughout the next months, my community organized cooked meals for the families of soldiers who went off to fight on October 7th
- Arranged babysitters for soldiers' children when needed
- Held regular community meetings once a week
- Arranged activities for children
- Hosted/invited families to eat Shabbat meals together every week
- Held discussion circles to process feelings
- Provided permanent telephone support for soldiers' spouses

Strong communities can share their resilience

- We focused not only on our community's internal needs, but also on needs outside our community: food packages for soldiers, helping evacuees in hotels, and distributing financial donations for kibbutzim and hostage families.
- What accounts for the variance in resilience between different communities? Why are some more resilient?
- One theoretical explanation for this phenomenon is the conservation of resources (COR) theory, by Hobfoll (1989).

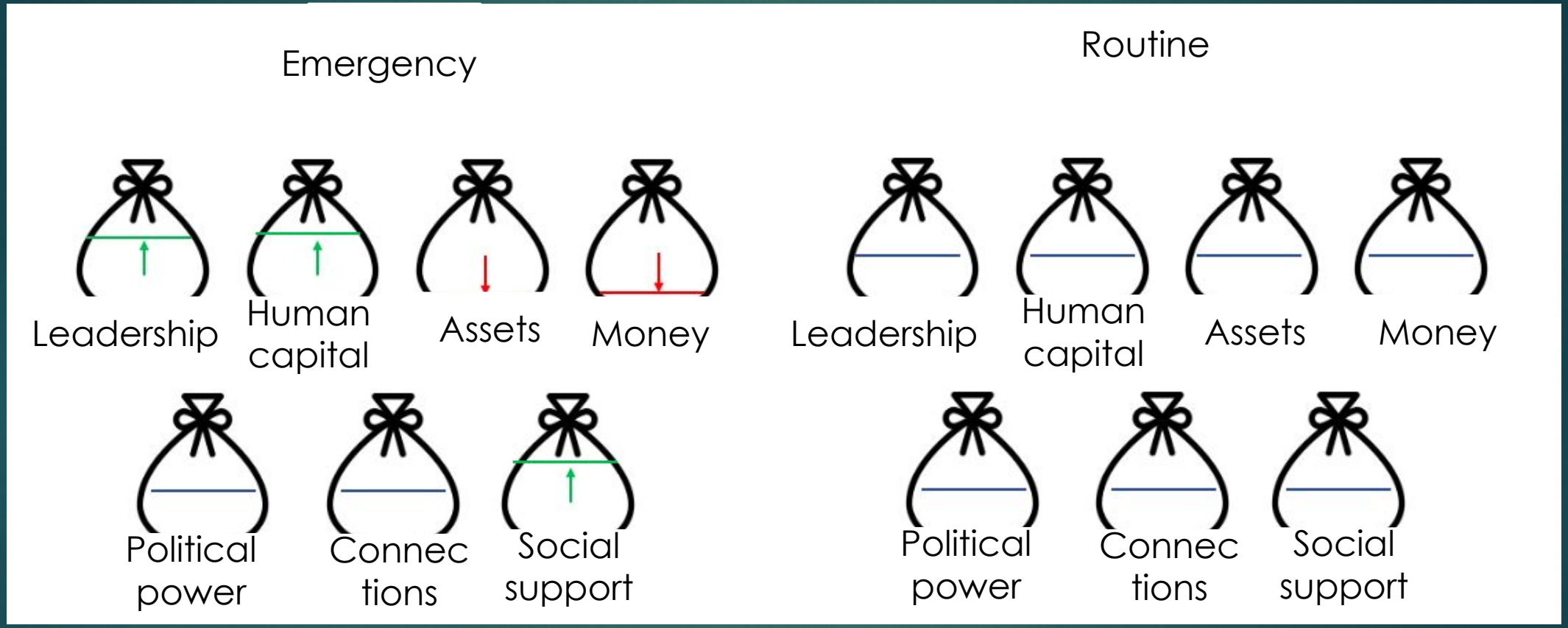
Conservation of resources theory at the community level

Conservation of resources theory is a central theory in the field of trauma and resilience (Hobfoll, 1989).

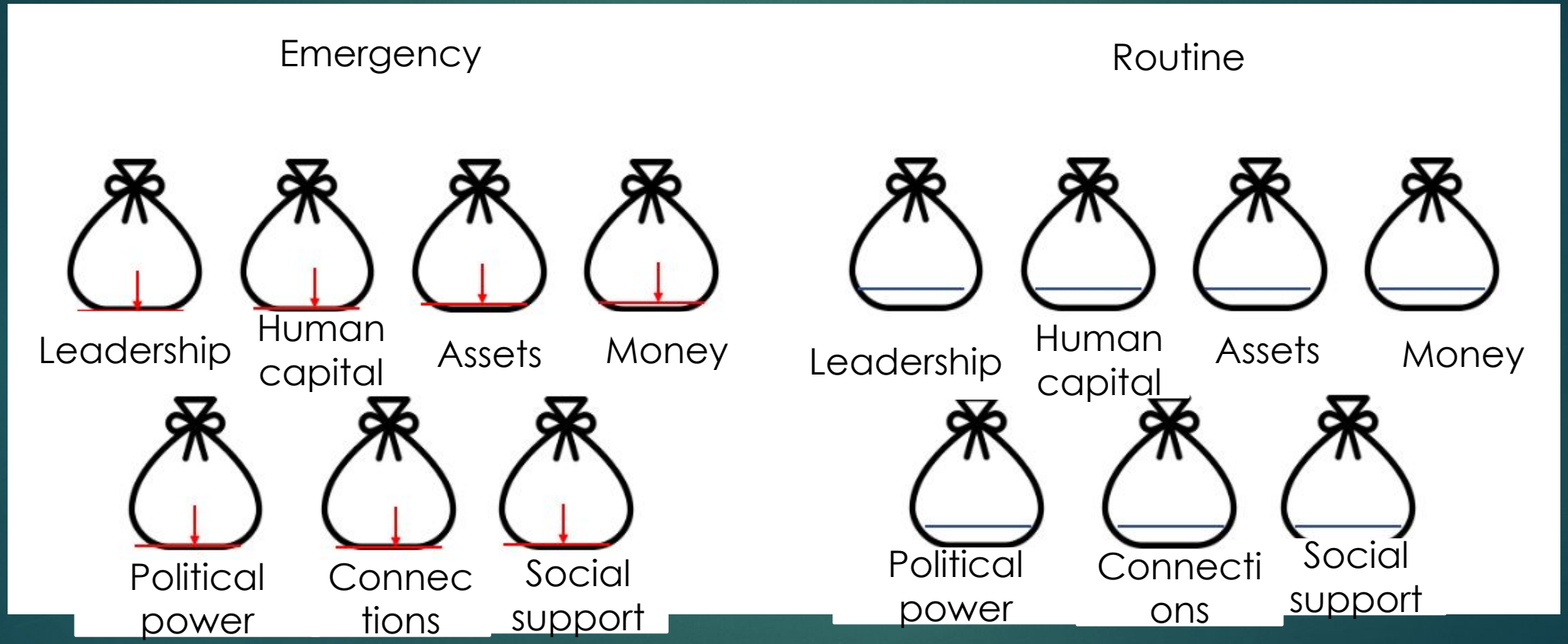
Disaster events threaten resources such as one's home; personal resources (optimism, confidence, self-efficacy); social resources (support, solidarity, friendship); and energy resources (time and money).

Resilience is a function of the individual/community resources available to them before, during, and after the .traumatic event

Conservation of resources- community level



Conservation of resources- community level



Communities under-resourced during routine times will have more difficulty maintaining resilience in an emergency situation

strategies to promote 5 community resilience

1. Promote sense of safety
2. Promote calm
3. Promote sense of collective efficacy
4. Promote connectedness
5. Instill hope

Hobfoll, S. et al. (2007)

1. Promote sense of safety

2. PROMOTE CALM

PROMOTE COLLECTIVE EFFICACY

PROMOTE CONNECTEDNESS

INSTILL HOPE

strategies to promote 5 community resilience

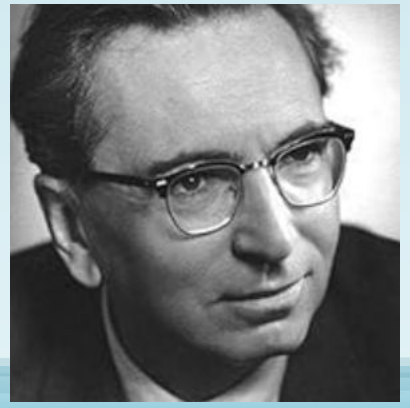
1. Promote sense of safety
2. Promote calm
3. Promote sense of collective efficacy
4. Promote connectedness
5. Instill hope
6. Hobfoll, S. et al. (2007)

National resilience

- The rapid organization of more than 1,000 initiatives to help the injured, soldiers, and families began.
- The rate of volunteering was very high, almost 50% among the Jewish population. We have never seen such volunteering rates before. There was also a significant increase in volunteering among the Arab population.

Everything can be taken from a man but one thing:“ • the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose ”.one’s own way

Viktor E. Frankl, Man’s Search for Meaning



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