

Stories provide value in revealing the differences and similarities between people's experiences. Sharing personal or generational stories can form bonds, supportive networks, or opportunities, which encourages the development of community and personal resilience. Stories are essential to the construct of resilience. The purpose of Western conceptions of resilience is to encourage adequate navigation of resources and opportunities, which is manifested in overcoming adversity. Achieving positive outcomes while facing adversity requires several traits and characteristics. These include the ability to draw on a supportive network, emotional insight, and reflexivity. During times of isolation, the lack of experiences or immediate danger of the novel Coronavirus is the event requiring resilience. Overcoming this challenge is difficult under many contexts, as accounts of similar events do not exist. Community resilience is limited when direct exposure to oral accounts of stories is dangerous and ignorant of public health policies. Stories are not limited to direct accounts of experience, as myths, narrations, and dialogue provide similar reflection and awareness of life circumstances. Pre-recorded stories in the forms of narrations, legends, and fiction have distracted me from the severe social conditions caused by the COVID-19 pandemic. These stories have helped me develop new understandings of other's human experience, appreciate future opportunities, and reflect on my experiences to improve future outcomes. The focus of resilience should be to manage the provided insight to develop a new outcome.

Storytelling can make unknown or uncomfortable emotions generalizable to many communities. Finding oneself under challenging positions can isolate or discourage an individual from taking action, as they may feel at fault for their plight. Individuals with access to relate to a message or concept that affects them give them agency in the ability to choose an outcome. Comfort may be found in making decisions that lead to success or in avoiding paths that limit

opportunity if choices are made visible. It is necessary to share the stories of the most disadvantaged populations as it increases the opportunity for awareness and increases the agency of those populations. Healing and growth after detrimental events may begin after stories are heard. This healing is limited to the individuals who can communicate safely and qualifies as a privilege during this time. Public health restrictions have disabled me from speaking at Powwows or gatherings for health concerns. The restrictions on stories have forced me to reflect on the experiences of the distant past. Kiowa myths that have provided infectious nostalgia for generations before now allows me to learn from my parents, draw comparisons to my experience, and develop new understandings of a culture unknown to many. Stories exist in almost every form of media, and now isolation provides the opportunity to digest and experience the purpose. Engaging in the stories enhances the resilience of the participants, the target audience, as the piece offers guidance or reflection. Although personal storytelling enhances both the reader and the listener, we have to resort to engagement through modern media. Communication from a distance is possible through modern technology, but the shared community experience is lost.

The pandemic we face provides a unique historical moment that we collectively contribute to combat. Our actions and emotions shape the outcomes of the new virus, which should be documented and shared. Experiences of quarantines, historical health policies, and economic turmoil provide us each opportunity to record our testimonies. New perspectives shared through social media rather than direct interaction form our understandings. As our interactions are limited, we face new struggles mounted in sporadic and inconsistent updates about public health issues, economic turmoil, all while meeting similar demands of our society. Health and economic conditions prohibit many from their regular contributions, which has

changed life as we knew it. Every limit of community and individual resilience is tested during the pandemic. Many teens have taken to challenging the policies of the local, state, and federal government, while families find obligations challenging to meet. Every individual faces difficult situations with little interaction or guidance to shape their decisions. Many adults do not find themselves with the time to reflect and must engage in emergency rationales. The forecast of any community, organization, or individual is uncertain or grim by many projections. The position of an individual's responsibility in the pandemic is confusing, as COVID-19 ruins opportunities for Americans all over the country. We may only follow the recommended protocols, document our experiences, and project our futures.

The task of avoiding the dangerous virus while meeting obligations as a student and incoming freshman is daunting. An individual's responsibilities require actions independent of our concern for health. The task requires resilience in the form of patience, commitment to public health, and meeting college requirements. Forming my recollection of events allows me to create coping mechanisms, such as humor, to make sense of the situation. Resilience does not require connectedness but traditionally enhances therapeutic environments. This construct of resilience built from storytelling is a limitation under conditions of the present, but as we redevelop following the aftermath, connectedness will benefit the collective communities. For now, we must rely on the emotional insight of our families and self. Adversity should be considered a normal part of life, and our ability to minimize the adverse effects encapsulates personal growth.

As a community, resilience is formed in the policies aimed to provide opportunities and assistance to those in danger. Stories of the times we face will be documented to shape future responses and provide comfort to those in need of guidance. The individuals of our communities

face their unique struggles, but their experiences will allow future generations to reflect and navigate adequate responses. Storytelling is not limited to the acquisition of knowledge, as it affirms the development of emotions bringing about the necessary strength to accept resilience. Our responsibility is to bear witness to tragedies of the present to celebrate survival and contribute to the future community.