



NC Department of Health and Human Services

# Beyond Covid: Reclaiming Your Purpose

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# What You Will Learn

- **Using storytelling to process experiences**
- **What is a story**
- **Importance of storytelling**
- **Why your story matters**
- **Who should hear your story**
- **Building resilience through wellness to rediscover your purpose**

# History of Storytelling

**The history of storytelling goes back thousands of years. Cave dwellers used pigment to paint on walls with their hands to create stories and myths. The ancient Greeks carved their language into walls to tell how history was moving forward.**

**History is built on the stories of those who have endured it those events. Native Americans used storytellers as part of their culture to pass down traditions and customs**

**The narrative voice in writing speaks volumes about each culture's everyday life. As generations grow and develop, daily life turns into another mark on history. Reflection on the past encapsulates the story into history and moves the narrative toward how it will impact the future.**

**(Peters, 2018)**

# What is a Story?

- **The events endured as perceived by the person telling the story**
- **The sequence and impact of how things happened**
- **The impact of the outcome or the ending of the story**
- **The lesson or value of the experience good or bad**

(Peters, 2018)

# Why is Storytelling Important

***Storytelling helps a person offload their experience, which increases resilience.***

***Storytelling helps begin healing as your mind begins to make sense of it all, and your body and mind begin to reconstruct in one of the most powerful ways, controlling your narrative.***

(Hamby, 2015)

**“YOU MAY NOT CONTROL  
ALL THE EVENTS THAT  
HAPPEN TO YOU,  
BUT YOU CAN DECIDE NOT  
TO BE REDUCED BY THEM.”  
MAYa ANGELOU  
QUOTESEVERLASTING.COM**

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# Benefits of Storytelling

- **Hearing your story can help others**
- **Gives you and your story a voice**
- **Reinforces your values**
- **Finding peace and hope**

(Hamby, 2015)

# How to Tell Your Story

*“Storytelling requires vulnerability and the willingness to put your vulnerability on display.”*

*“Sharing the good, the bad, the ugly, and the beautiful parts of our story are essential to understand the full story.”*

(Brown, 2021)



*“Vulnerability requires courage”*

*“Courage to be heard, to stand out, to launch things into the universe instead of holding it all inside.”*

*“Courage to be seen for who you are, for how the story played out, and the impacts and/or failures of the experience”*

*“Courage is what it takes to stand up and speak;  
courage is also what it takes to sit down and listen.”*

*Winston Churchill*

*“And that visibility which makes us most vulnerable  
is also the source of our greatest strength.”*

*Audre Lorde*

# Who Should Hear Your Story

- Those I want to listen to my story
- Those I want to hear my story
- Those who may understand and empathize with my story
- Those who may learn something from my story
- Those who may be able to impact the next chapter of my story

(Hamby, 2014)

# Why Your Story Matters

- **Creates an understanding of your experience**
- **Takes the experience from foreign to familiar**
- **Satisfies the innate human nature to process the experience**
- **Reorganizes your sense of self and our values**
- **Moves us toward the next chapter and purpose**

(Serani, 2014)

*Owning our story can be hard, but not nearly as difficult as spending our lives running from it. Embracing our vulnerability is risky.*

*Only when we are brave enough to explore the darkness will we discover the infinite power of our light.*

(Brown, 2022)

# Storytelling Ground Rules

- **Respect each other's story**
- **Show kindness to each other**
- **This is a safe space; what happens at Angel's presentation stays at Angel's presentation**
- **Don't compete with each other's story; this is not a competition**
- **Give the highs and the lows**
- **No shaming, bullying**
- **As always, respect privacy**

# **You are Invited To Share Your Story**

# Rising Strong = Reckoning, Rumbling, & Revolution

The Rising Strong process includes three steps:

**Reckoning, Rumbling, and Revolution.**

**Reckoning - walking into our story by paying attention to our emotions rather than numbing or ignoring the discomfort.**

**Rumbling -owning our story by being clear about the stories we've told and experienced, making sure they accurately reflect the characters and the situation.**

**Revolution- writing a new, more courageous ending to the story by learning from our experiences, building resilience, and taking care of ourselves and each other. Putting steps into action**

**(Edwards, 2021)**



# Building the Action Plan

- **How do we continue to write our story?**
- **How do we move forward with the baggage from the previous chapters?**
- **How do we write a story that leads to triumph?**

# Building Resilience After a Storm

## Dimensions of Wellness



***“We are the authors of our own lives.  
We write our own daring endings.  
Showing up is our power.  
Story is our song.  
Truth is our way home.  
We are the brave and broken-hearted.  
We are rising strong.”***

**Brene Brown, Rising Strong**

**(Brown, B., 2017)**

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