

Epilogue

To encourage creative thinking, explore values and beliefs, and stimulate a debate about priorities and motivations, participants were asked at the end of the interviews to imagine a hypothetical scenario that they had one wish that will be granted to them. Then they were asked what they would wish for. Table 20 lists individual statements and their corresponding concepts. These evolved around values and desires and included family, moving ahead stronger, solidarity, better resources, and less disasters. These concepts aligned with the 6-factors of individual resilience defined by Rossouw and Rossouw, which are (1) vision, (2) composure, (3) tenacity, (4) reasoning, (5) collaboration, and (6) health [87].

Table 20. “One-wish that would become true”: main concepts and individual statements

Concept*	Individual Statement
Family	<i>“That I get back the missed three years with my children.”</i>
Moving ahead stronger	<i>“That we do not forget the experiences we had and use them to better prepare for the next crisis.”</i>
	<i>“I would like to see that for all the things that we have been talking about all along, there is the possibility of implementing that.”</i>
	<i>“I do not want to forget anything from the experience I had here. I want to be able to take everything from it and I always want to be able to take everything from it for my future life, work and whatever situation and, as I said, not forget anything. [...] A world without disasters. [...] If we would influence everything what we could, influence ourselves in such a way that we do not need [catastrophe plans] (added for clarity) now, then that would already be good so far.”</i>
Solidarity	<i>“That the job center and everyone pulls together to really find enough staff [...] and, that all the students and all the unemployed who were at home say, I will support in the vaccination center, or I will go to the nursing home.”</i>
	<i>“So, my wish would be that we really achieve again that people in society experience a sense of “we” that connects them, and that people become clear about what will be important to them together in the future. To reconnect as a society with common goals, and not about the Instagram post or about the new SUV, but that you say,</i>



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Table 20. (continued)

Concept*	Individual Statement
Solidarity (continued)	<i>what do I have in shared values. And that's not my appearance, that's not my car, and that's not my great cabin. But what connects us as a society, in good times and in bad, and how can we recommend this togetherness as so valuable that we are better off through this togetherness than we are alone."</i>
	<i>"Peace and health for all. That one perhaps always looks a bit more into one's neighborhood and perhaps not so globally at the big everything. An open culture, an open society, a structure that thinks for itself. I believe that we should simply say that everyone has their own role and think a little bit about themselves and everyone else."</i>
Better resources	<i>"My greatest wish would actually be adequate staffing."</i>
	<i>"Then I would want redundancy, or more resources that I am not forced to tap into."</i>
	<i>"No more catastrophes. Many many nurses, that is, many many people who enjoy doing this."</i>
Less disasters	<i>"I think it would be nice for everyone to not be faced with an acute crisis again."</i>
	<i>"The dearest wish would be if the Ukraine war did not exist. That we wouldn't have had corona, because I think the damage to society was too great overall. Apart from all the deaths, it has set society and the economy back massively in many areas. That didn't have to be the case. But also the social division that existed and still exists and will continue to exist. The vaccination supporters and the vaccination opponents, vaccination deniers, this rift that has arisen and is unnecessary, and yet is very deep. Yes, the good news is that some things have been revisited. Working together, helping each other."</i>

*Within a participant's statement some concepts can overlap.