Moral Resilience: Transforming Moral Distress

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Abstract
The purpose of this Moral Wellbeing research proposal is to validate a robust practical theory of moral resilience that establishes its defining characteristics and identifies endogenous and exogenous factors that either enable or disable individuals in sustaining or recovering moral wellbeing in the face of moral threats, distress, and challenges. We will explore how morally resilient people actualize their full moral capabilities effectively to transform experiences of moral complexity, confusion, and distress from victimization to agency and achieve moral wellbeing. We will identify sites and mediating conditions that support moral resilience and wellbeing. This challenges conventional understanding of moral distress, recharacterizing it as an adaptive moral challenge rather than a catastrophic threat to moral wellbeing. This research will have practical applications for workplaces, communities and other social groups seeking to foster moral wellbeing.