**Resilience in Adulthood: Overcoming Emotional Challenges**

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**Introduction**

As adults, we will all, at some point in our life, be confronted with difficult emotional situations, such as the termination of a relationship, the loss of a job, or a serious illness. But, there are those people who are able to pick themselves up and triumph over challenging circumstances, displaying incredible resilience in the process. The capacity of an individual to adjust to and recover from stressful situations, adverse circumstances, or traumatic experiences is referred to as resilience. Individuals are better able to endure difficult life situations and keep their mental and emotional well-being intact when they have developed the trait of resilience, which is an essential component of adult development. There is no such thing as an immutable quality; rather, resilience is a dynamic process that may be cultivated and improved over time via the use of a wide variety of practices and methods. The idea of resilience, as well as its function in adulthood, will be investigated in this paper. Particular attention will be paid to the ways in which adults can overcome challenges and create resilience through cognitive-behavioral techniques, developmental tasks, and efficient coping strategies. In this essay, we will discuss what it means to be resilient as an adult and how one might overcome the emotional challenges that one faces throughout their lives.

**Building Resilience among Adults**

**Identity Building**

Emerging adulthood, also known as the time period between adolescence and adulthood, is characterized by the significant developmental job of identity building (Schwartz et al., 2013). Developing adults struggle with a variety of issues, including discovering a sense of purpose, gaining autonomy, and establishing a personal identity. Those who are able to build a strong sense of self-identity and purpose are better equipped to deal with adversity and are more resilient as a result of their ability to do so. These problems might induce emotional anguish. Moreover, emerging maturity is characterized by a period of self-discovery and experimentation. This may involve participating in new activities, establishing new relationships, and engaging in behaviors that have the potential to have long-term repercussions (Hutteman et al., 2014). As a result, it is essential for individuals to construct a robust sense of self-identity and purpose in order to effectively guide themselves toward positive results and avoid bad consequences or making insane choices.

**Communication**

Moreover, healthy communication between parents and adult children is a key component in the development of resilience. According to research conducted by Segrin and colleagues (2012), excessive parenting of adult children can stifle the growth of adaptive characteristics like resiliency. Conversely, healthy communication between parents and adult children can be an important factor in the development of resilience. This includes engaging in fruitful conversation, being a good listener, and offering psychological and emotional support. It can be helpful in developing a sense of connection and trust between parents and their adult children when the parents speak with their adult children in a way that is positive and encouraging. Because of this, adult children may feel supported and empowered to deal with the difficulties that come their way in life. This can lead to stronger emotional resilience (Mayo Clinic Staff, 2022).

**Personality Development**

Personality development is a lifelong process that does not stop throughout adulthood or old age, and developmental activities can serve as a useful foundation for comprehending this process (Hutteman et al., 2014). The difficulties and changes that people go through at various ages and phases of their lives are examples of developmental tasks. For instance, when a person is in their early 20s, one of the developmental tasks they may face is starting a career and a family. In old age, the developmental job may be to find meaning and purpose in life despite the deterioration in physical and cognitive function. Despite this, the task may be more difficult. The authors contend that characteristics of one's personality, such as receptivity to new experiences and emotional steadiness, can play a role in the development of resilience in adulthood.

**Using Cognitive-Behavioral Strategies**

On the other hand, resilience is something that can be cultivated via the use of cognitive-behavioral strategies such as positive self-talk, cognitive restructuring, and problem-solving (Neenan, 2017). Those who use these strategies may find it easier to reframe negative beliefs and cultivate a more positive attitude toward life, which in turn may increase their capacity to deal with challenging situations. This method places a strong emphasis on recognizing and questioning destructive thought patterns and beliefs, which are known to be a contributor to emotional suffering and a barrier to an individual's capacity to deal effectively with adversity. Individuals can learn to reframe their thoughts in more positive and constructive ways through this process, which can help them develop a higher feeling of resilience and self-efficacy. This process is called cognitive reappraisal.

**Social Support**

According to Van Kessel (2013), one of the most important factors in fostering resilience in older persons is access to social support as well as coping methods. The author contends that resiliency is not a stable characteristic, but rather a fluid process that can be developed over the course of a person's lifetime. Research that illustrates the positive influence of social support and coping methods on resilience in older persons lends credence to Van Kessel's contention, which is backed by the study. For instance, research has shown that an individual's capacity to cope with stressful situations and maintain a sense of well-being can be improved by receiving social support from family, friends, and organizations in the community. In addition, effective coping methods, such as problem-solving, positive thinking, and emotional management, can assist senior citizens in overcoming challenges and adjusting to changes in their lives.

**Conclusion**

In a nutshell, the ability to bounce back from adversity is important to the psychological health of an adult. Those who are resilient are better able to adjust to new circumstances and recover more quickly from the effects of stress, hardship, and trauma. Developing a strong sense of identity, effective communication, personality development, cognitive-behavioral techniques, practical tools, social support, and coping mechanisms are all examples of ways that can be used to cultivate resilience. We may strengthen our resilience and conquer the emotional obstacles that we face in our lives by gaining knowledge from these tactics.

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