



# . RESILIENCE



# INTRODUCTION

Resilience refers to both the process and the outcome of successfully adapting to difficult or challenging life experiences, according to the definition from the American Psychological Association (APA).

It's having the mental, emotional, and behavioral flexibility and ability to adjust to both internal and external demands, per the APA.

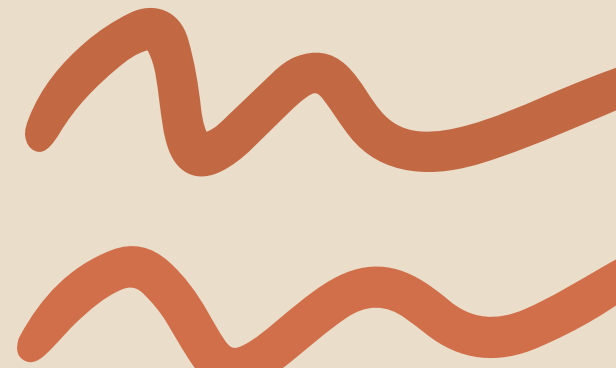





# WHAT IS RESILIENC THEORY?


People face all kinds of adversity in life. There are personal crises, such as illness, loss of a loved one, abuse, bullying, job loss, and financial instability. There is the shared reality of tragic events in the news, such as terrorist attacks, mass shootings, natural disasters, a global pandemic, and war. People have to learn to cope with and work through very challenging life experiences.

Resilience theory refers to the ideas surrounding how people are affected by and adapt to challenging things like adversity, change, loss, and risk. Researchers have studied resilience theory across different fields, including psychiatry, human development, and change management.





Sood says resilience involves these five principles:

- Gratitude
  - Compassion
  - Acceptance
  - Meaning
  - Forgiveness
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# THE TOP FACTORS THAT BUILD RESILIENCE

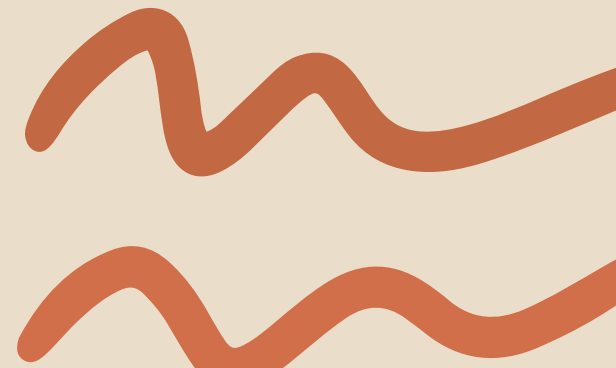
Developing resilience is both complex and personal. It involves a combination of inner strengths and outer resources, and there isn't a universal formula for becoming more resilient.

According to the APA, some of the key factors that contribute to personal resilience include:

- The ways you view and engage with the world
- The availability and quality of social resources
- Specific coping strategies
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A variety of factors contribute to building resilience, and there isn't a simple to-do list to work through adversity.

Resilience is also something that you develop over time. In one longitudinal study, factors that were protective for adolescents at risk of depression, such as family cohesion, positive self-appraisals, and good interpersonal relations, also led to more resilience in young adulthood.



## TIPS FOR BUILDING AND CULTIVATING YOUR RESILIENCE

- Social Support
- Self-Esteem
- Coping Skills
- Communication Skills
- Emotional Regulation

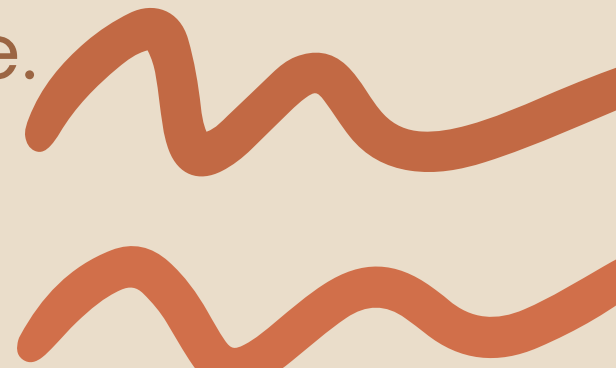


# WHY RESILIENCE IS IMPORTANT?

Resilience is what gives people the emotional strength to cope with trauma, adversity, and hardship. Resilient people utilize their resources, strengths, and skills to overcome challenges and work through setbacks.

People who lack resilience are more likely to feel overwhelmed or helpless and rely on unhealthy coping strategies (such as avoidance, isolation, and self-medication).

A study published in 2022 suggested that people with resilience, coping capabilities, and emotional intelligence are more likely to have better overall well-being and life satisfaction than those with lower resilience.





# TYPES OF RESILIENCE



**01**

Psychological

**02**

Emotional

**03**

Physical

**04**

Community








# PSYCHOLOGICAL RESILIENCE

Researchers define psychological resilience as the ability to cope with or adapt to uncertainty, challenges, and adversity. It is sometimes referred to as “mental fortitude.”

People who exhibit psychological resilience develop coping strategies and skills that enable them to remain calm and focused during a crisis and move on without long-term negative consequences, including distress and anxiety.






# EMOTIONAL RESILIENCE



How people cope emotionally with stress and adversity varies from person to person, according to the Children's Society. Some people are, by nature, more or less sensitive to change. A situation can trigger a flood of emotions in some people and not in others.

Emotionally resilient people understand what they're feeling and why. They tap into realistic optimism, even when dealing with a crisis, and are proactive in using both internal and external resources to get through. They are able to manage external stressors and their own emotions in a healthy, positive way.





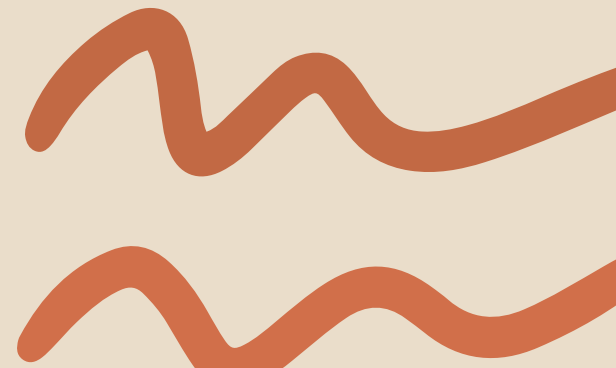
# PHYSICAL RESILIENCE



Physical resilience refers to the body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently. It's a person's ability to function and recover when faced with illness, accidents, or other physical demands.

Research shows that physical resilience plays an important role in healthy aging, as people encounter medical issues and physical stressors.

Healthy lifestyle choices, connections with friends and neighbors, deep breathing, time well spent to rest and recover, and engagement in enjoyable activities all play a role in physical resilience.





# COMMUNITY RESILIENCE



Community resilience refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, economic hardship, and other challenges to the group as a whole.

Real-life examples of community resilience include New York City after the 9/11 terrorist attacks; Newtown, Connecticut, after the Sandy Hook Elementary School shooting; New Orleans following Hurricane Katrina; and the communities of Gilroy, California, El Paso, Texas, Dayton, Ohio, and Uvalde, Texas, in the wake of mass shootings.

For many Americans, the early months of the COVID-19 pandemic tested their resilience like never before.





THANK YOU