

Resilience

Resilience is the ability to withstand adversity and bounce back from difficult life events. Being resilient does not mean that people do not experience stress, emotional upheaval, and suffering. Some people equate resilience with mental toughness, but demonstrating resilience includes working through emotional pain and suffering.

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, and of course the COVID-19 pandemic. People have to learn to cope with and work through very challenging life experiences.

Resilience is not a fixed trait. Flexibility, adaptability, and perseverance can help people tap into their resilience by changing certain thoughts and behaviours.

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. All people are different: While one person might develop symptoms of depression or anxiety following a traumatic event, another person might not report any symptoms at all.

Types of resilience

There are also different types of resilience, each of which can influence a person's ability to cope with various forms of stress.

Physical Resilience

Physical resilience refers to how the body deals with change and recovers from physical demands, illnesses, and injuries. Physical resilience is something that people can improve to a certain extent by making healthy lifestyle choices. Getting enough sleep, eating a nutritious diet, and engaging in regular exercise are just a few ways to strengthen this type of resilience.

Mental Resilience

Mental resilience refers to a person's ability to adapt to change and uncertainty. People who possess this type of resilience are flexible and calm during times of crisis. They utilize this mental strength to solve problems, move forward, and remain hopeful even when they are facing setbacks.

Emotional Resilience

Emotional resilience involves being able to regulate emotions during times of stress. They are aware of their emotional reactions and tend to be in touch with their inner life. Because of this, they are also able to calm their mind and manage their emotions when they are dealing with negative experiences.

This type of resilience also helps people maintain a sense of optimism when times are tough. Because they are emotionally resilient, they understand that adversity and difficult emotions are temporary and won't last forever.

Social Resilience

Social resilience, which is also referred to as community resilience, involves the ability of groups to recover from difficult situations. It involves connecting with others and working together to solve problems and deal with problems that affect people both individually and collectively.

Aspects of social resilience include coming together after disasters, supporting each other socially, becoming aware of the risks that the community faces, and building a sense of community.

Resources:

The Emma Radacanu Story

The road to resilience

Building your own resilience, health and wellbeing

What is resilience and why does it matter?

What is resilience and why is it important to bounce back?

<https://positivepsychology.com/what-is-resilience/>

Wellbeing For Children: Resilience (YouTube)

<https://www.youtube.com/watch?v=zeu9X88g8DE>