



RESILIENCE

OVERVIEW

Resilience is a term that refers generally to one's ability to adapt perspectives, overcome challenging situations, be perseverant, recover from a setback, seek help when needed, and to thrive in difficult situations. Being resilient often draws comparisons to inner strength and having the ability to choose positive coping mechanisms.¹ It is believed that resilience, while partially influenced by one's temperament, is a life skill which can be learned and improved upon. Further, it is believed that resilience promotes positive health, and can aid in the prevention of and recovery from disease, disorders, illness, and injury.² Though it does not have one specific measurement, there are indications that factors across several health dimensions such as community involvement and connectedness, meditation, positive social relationships, regular exercise, and other life skills play a role in the development of resilience.³

RESOURCES

¹ <http://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

² <https://www.ncbi.nlm.nih.gov/books/NBK43790/>

³ <http://www.hhs.gov/ash/oah/adolescent-health-topics/mental-health/positive-health.html>

ADDITIONAL INFORMATION

For more information, tools, and resources about resilience, visit:

<http://www.apa.org/helpcenter/road-resilience.aspx>

<http://www.webmd.com/mental-health/features/overcome-obstacles-resilience>