

Resilience Definitions and Concepts

1. Resilience refers to the capacity of human beings to survive and thrive in the face of adversity.
2. Resilience refers to the capacity that some young adults have to overcome difficult circumstances and go on to lead healthy, successful lives.
3. Resilience involves being able to recover from difficulties or change—to function as well as before and then move forward. Many refer to this as “bouncing back” from difficulties or challenges.
4. Resilience refers to remaining competent despite exposure to misfortune or stressful events
5. Resilience is an ability that allows a person to prevent, minimize or overcome the damaging effects of adversity
6. Resilience is the human capacity to face, overcome, and even be strengthened by the adversities of life'
7. Resilience is the process of, capacity for, or outcome of successful adaptation despite challenging or threatening circumstances'
8. People who are resilient can effectively cope with, or adapt to, stress and challenging life situations. They learn from the experience of being able to effectively manage in one situation, making them better able to cope with stresses and challenges in future situations.

Research has shown some characteristics that are different in resilient young adults from their non-resilient peers. These findings consistently show that resilient young adults tend to display the following:

Social competence

Resilient young adults tend to be responsive, socially adept, capable of initiating and sustaining close relationships with adults and peers, and able to show empathy.

Problem-solving skills

The resilient young adult is able to think creatively and flexibly about problems, to make plans and take action on them. They are able to ask others for help when needed, and show resourcefulness in dealing with problems.

Autonomy

Resilient young adults demonstrate independence, are able to think and act autonomously, and are able to think about and reflect about their environment and their own actions. They have a sense of their own identity and believe in their own ability to effect changes in their own life.

Optimism

Optimism includes the sense of having a bright future, a tendency to see challenging situations in positive terms, and a belief in one's own ability to deal with what happens

(Benard, 1995)

Resilient people tend to be empathic; they can understand and sympathize with the feelings of others. They tend to be good communicators who are able to solve problems. They have a strong interest in school, and are dedicated to learning. They're driven to achieve goals. They're involved in meaningful activities. They're hopeful about the future. They have a solid relationship with one or more adults

Part of being resilient is having good mental health. Mental health involves balancing the different aspects of life: the physical, intellectual, social, emotional and spiritual. It involves a person's ability to think, feel, act and interact in a way that one can enjoy life and cope with the challenges that arise.

Mental health also involves how we think about and evaluates one's own self. It involves one's ability to make realistic sense of—and react meaningfully to—the world around. It affects a person's ability to make choices and decisions.