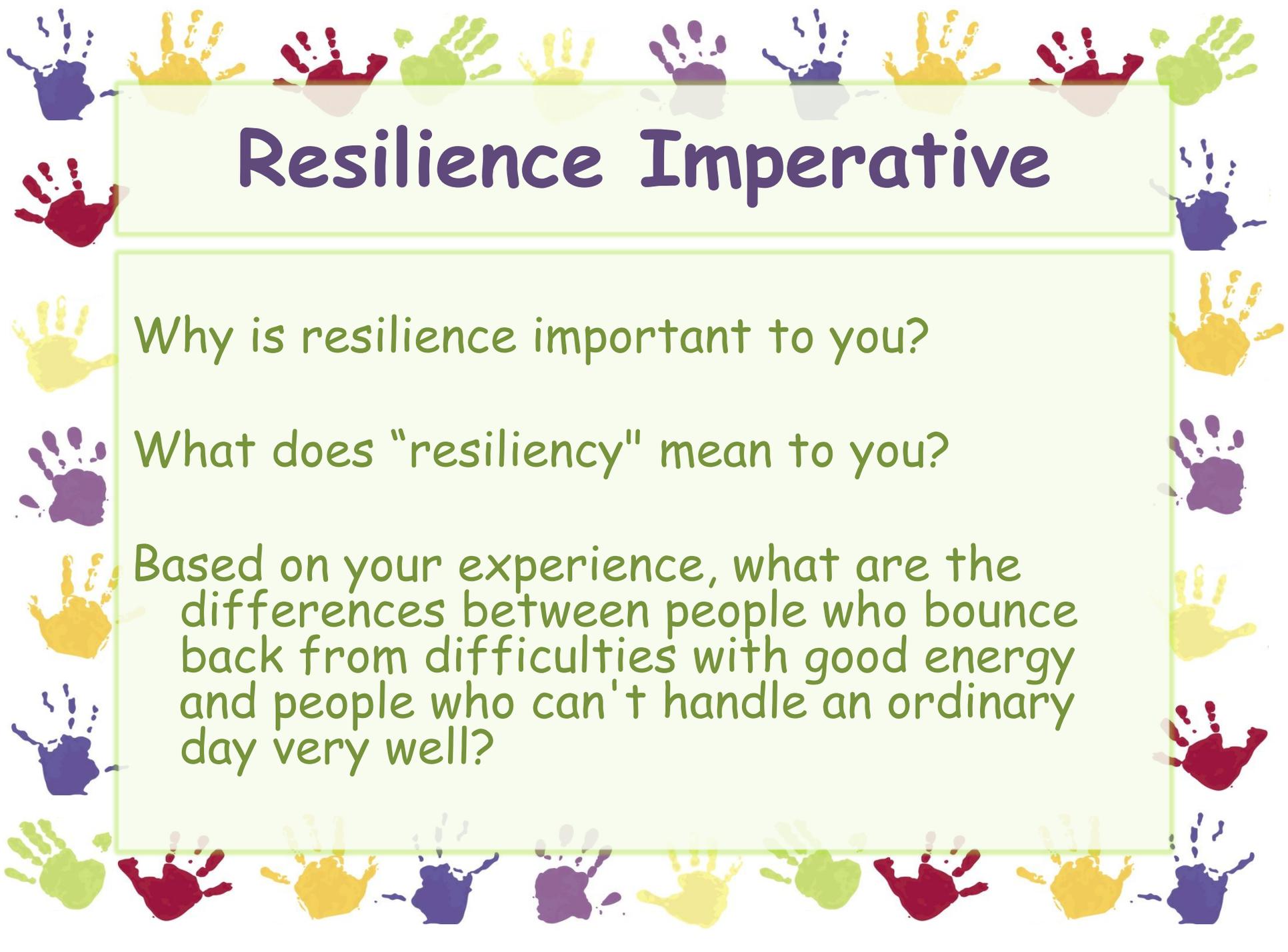




PERSONAL RESILIENCY

health education & promotion
4350

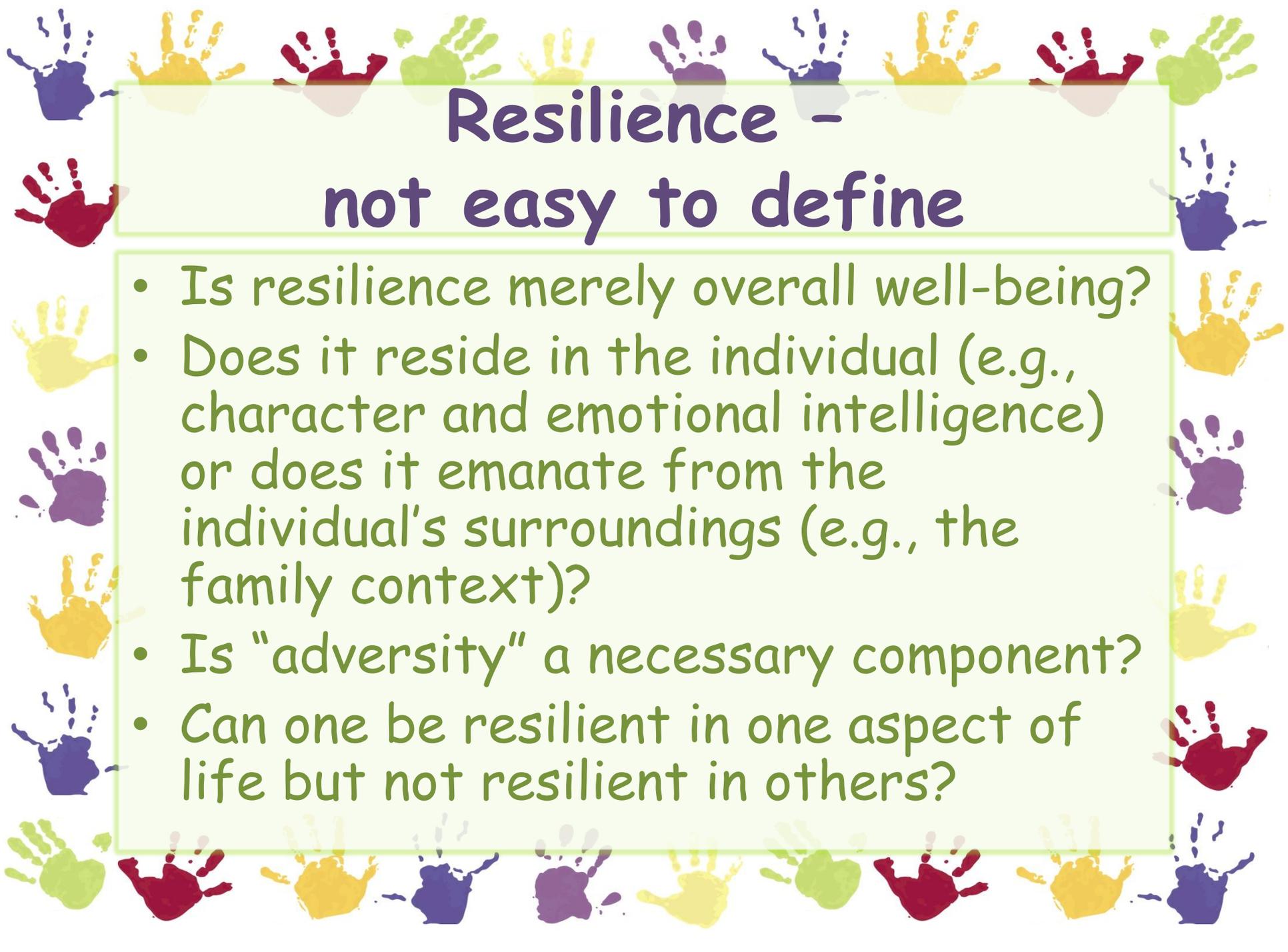


Resilience Imperative

Why is resilience important to you?

What does "resiliency" mean to you?

Based on your experience, what are the differences between people who bounce back from difficulties with good energy and people who can't handle an ordinary day very well?

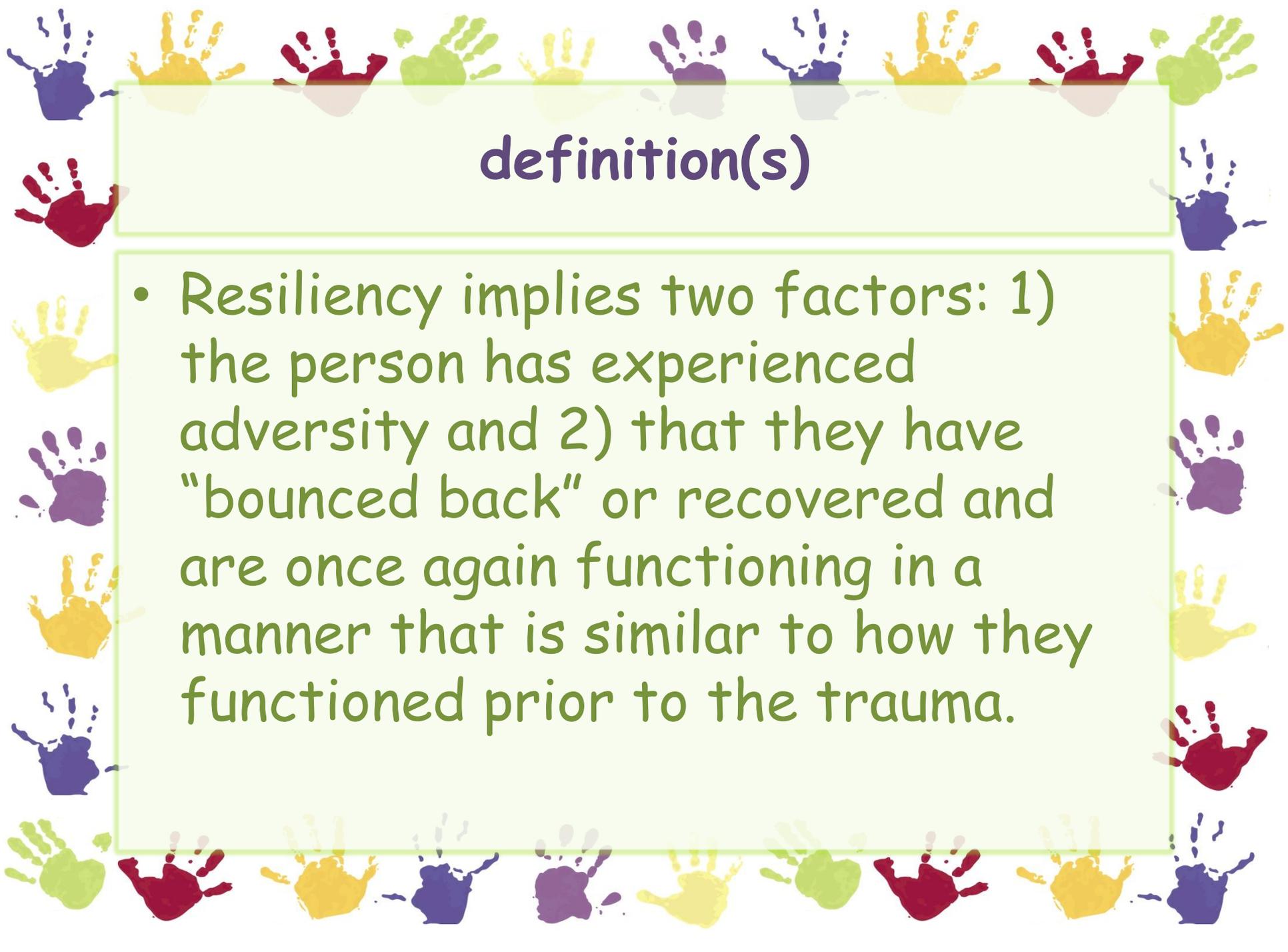


Resilience – not easy to define

- Is resilience merely overall well-being?
- Does it reside in the individual (e.g., character and emotional intelligence) or does it emanate from the individual's surroundings (e.g., the family context)?
- Is "adversity" a necessary component?
- Can one be resilient in one aspect of life but not resilient in others?



What is your definition
of resilience?

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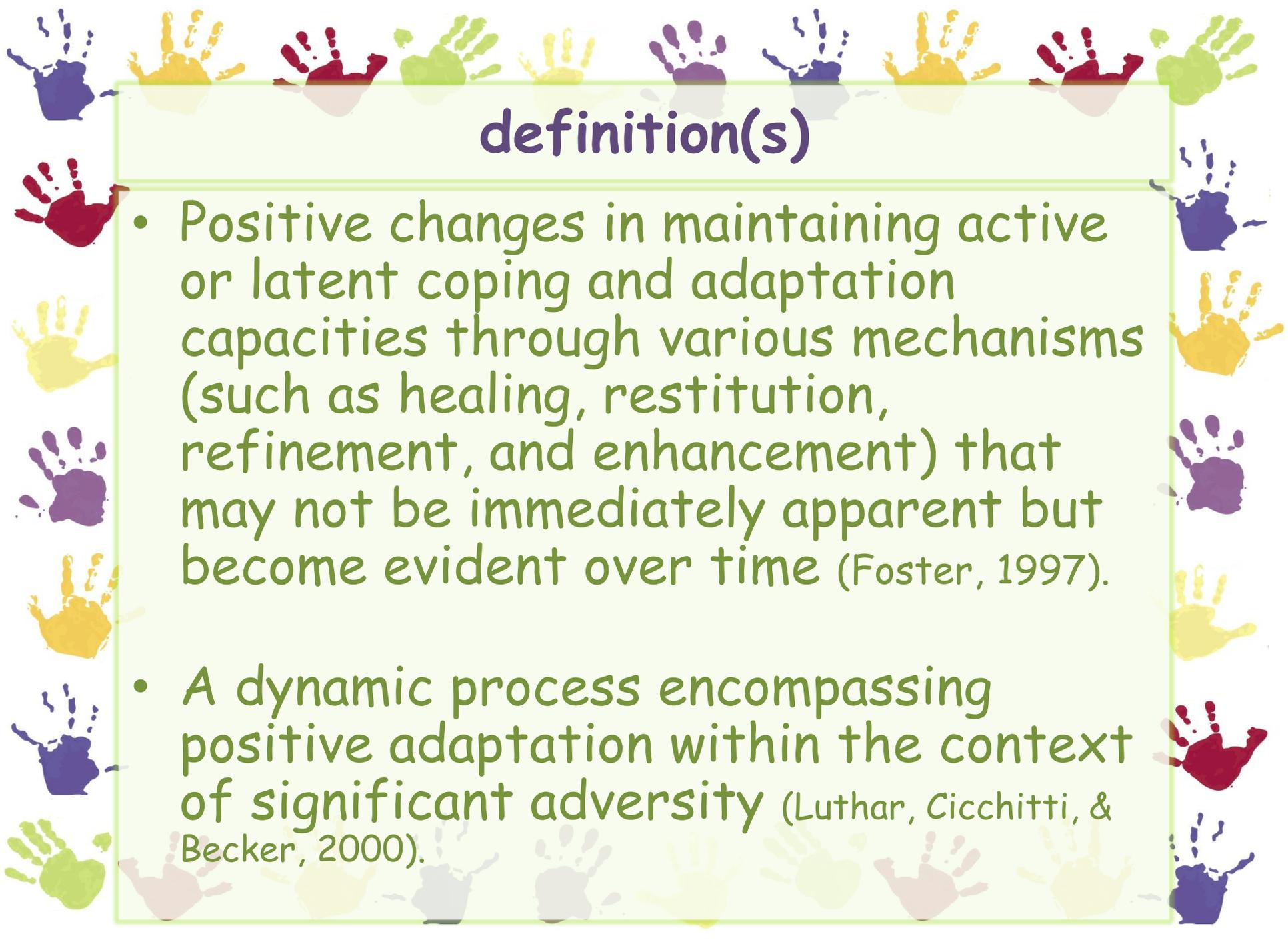
definition(s)

- Resiliency implies two factors: 1) the person has experienced adversity and 2) that they have "bounced back" or recovered and are once again functioning in a manner that is similar to how they functioned prior to the trauma.



definition(s)

- Resiliency is "... the inherent and nurtured capacity of individuals to deal with life's stresses in ways that enable them to lead healthy and fulfilled lives"
(Howard & Johnson, 1999).
- "Resiliency is "the process of, capacity for, or the outcome of successful adaptation despite challenging or threatening circumstances."
(Masten, Best, and Garmezy, 1990)



definition(s)

- Positive changes in maintaining active or latent coping and adaptation capacities through various mechanisms (such as healing, restitution, refinement, and enhancement) that may not be immediately apparent but become evident over time (Foster, 1997).
- A dynamic process encompassing positive adaptation within the context of significant adversity (Luthar, Cicchitti, & Becker, 2000).



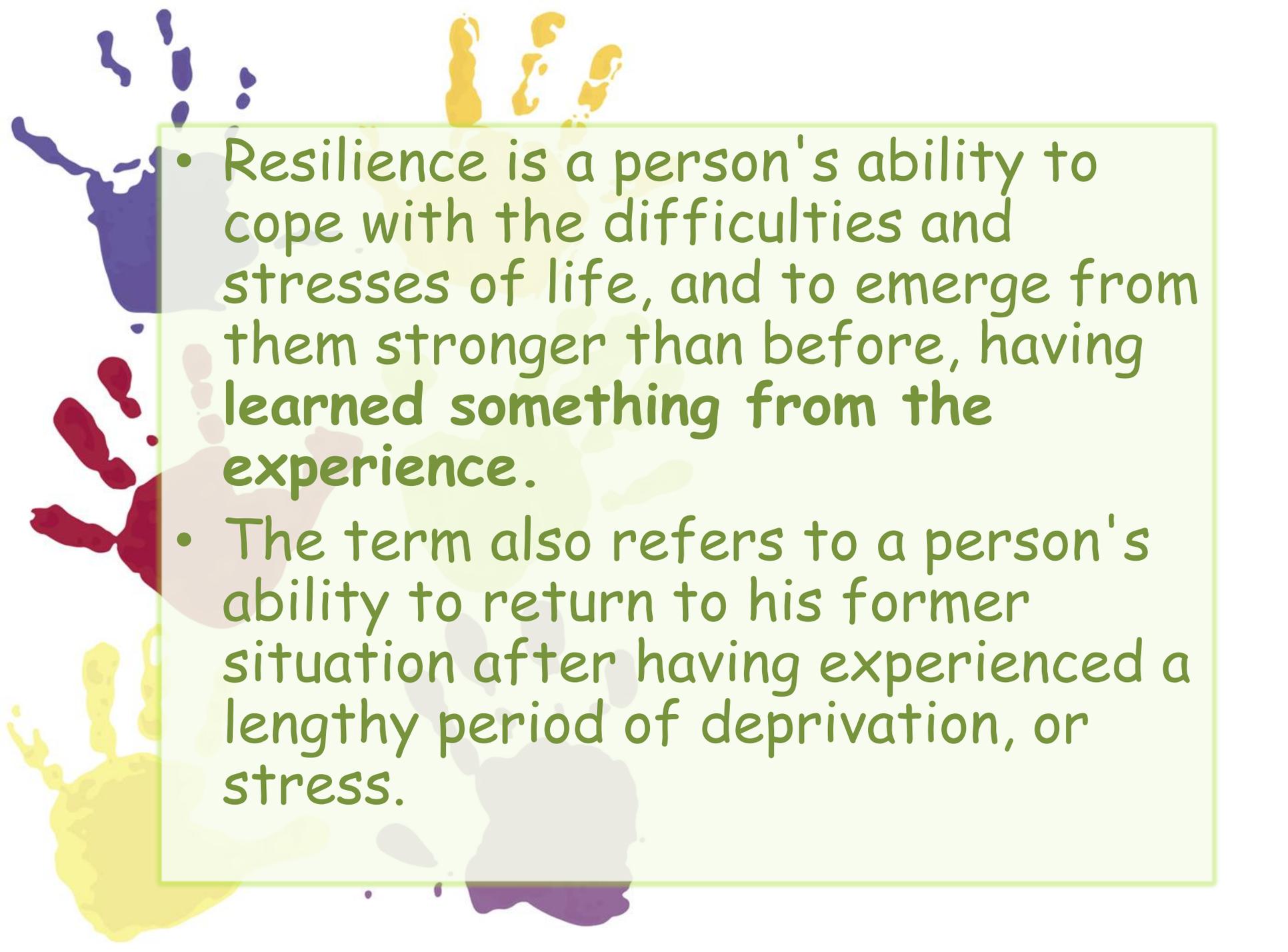
definition(s)

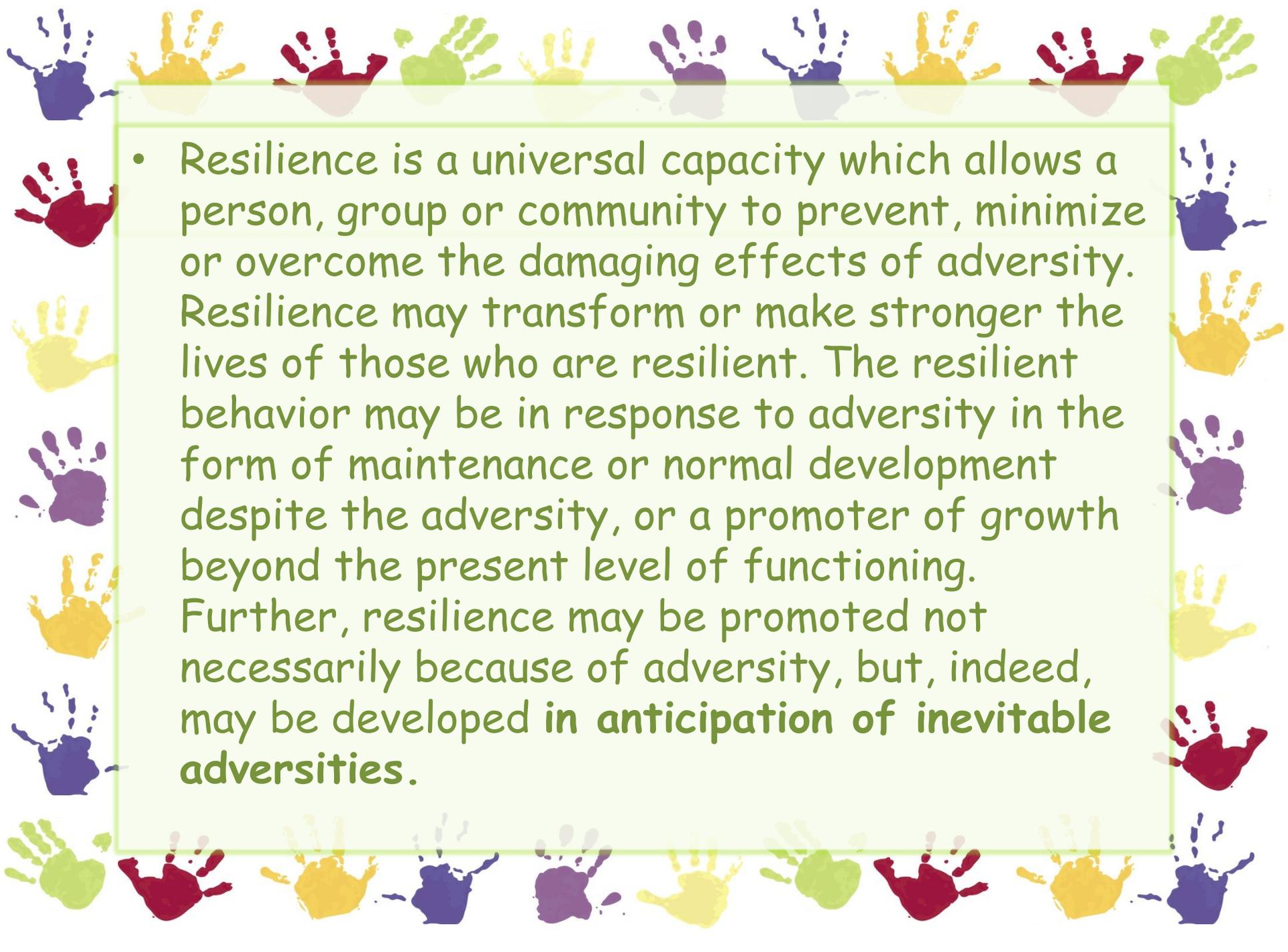
- Manifested competence in the context of significant challenges to adaptation or development (Masten & Coatsworth, 1998).
- Those factors and processes that interrupt the trajectory from risk to problem behaviors or psychopathology and thereby result in adaptive outcomes even in the presence of adversity (Zimmerman & Arunkumar, 1994).

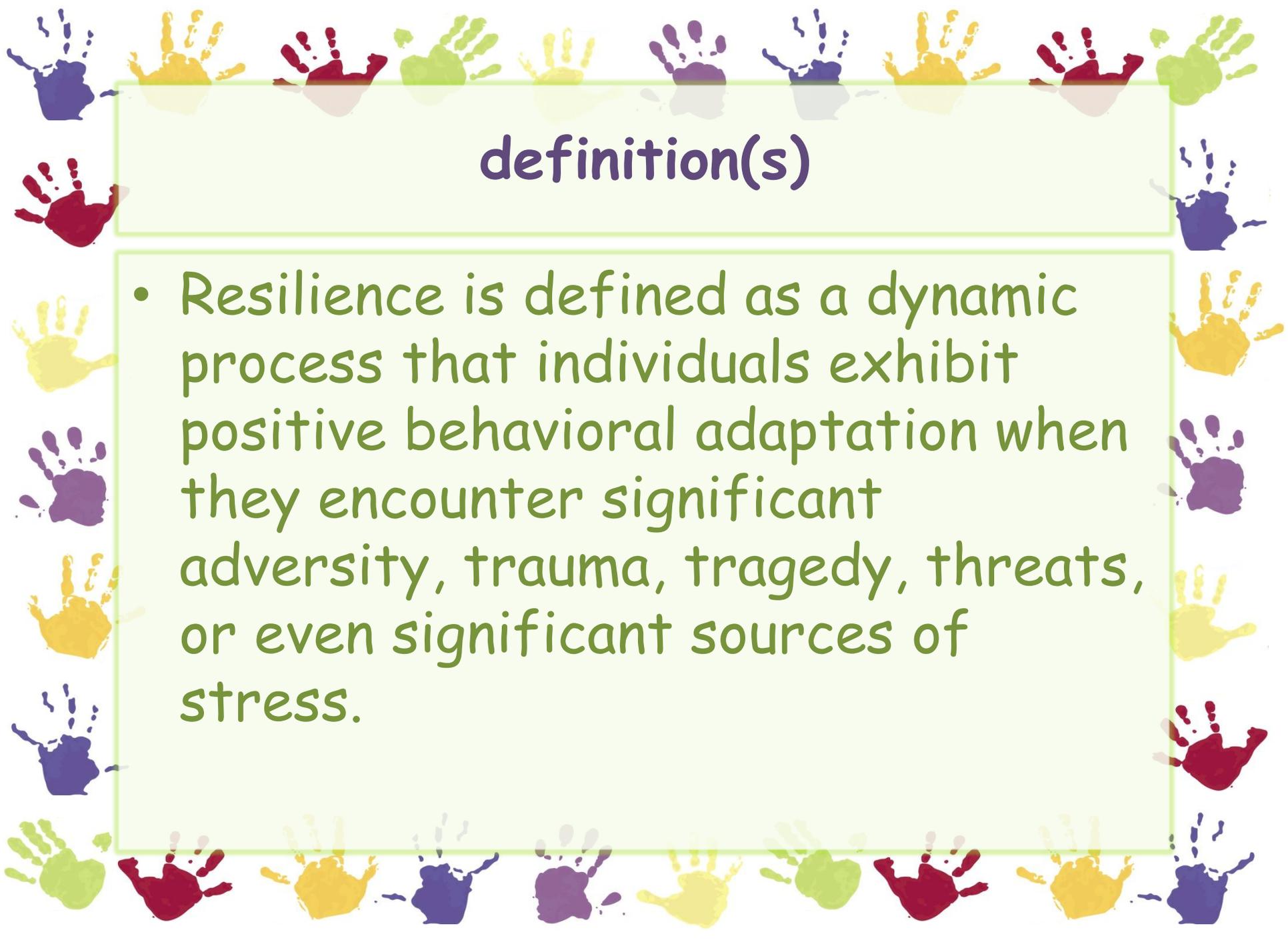
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definition(s)

- Good adaptation in the context of high-risk exposure or significant threats to development.
- The ability to bounce back after a traumatic event.

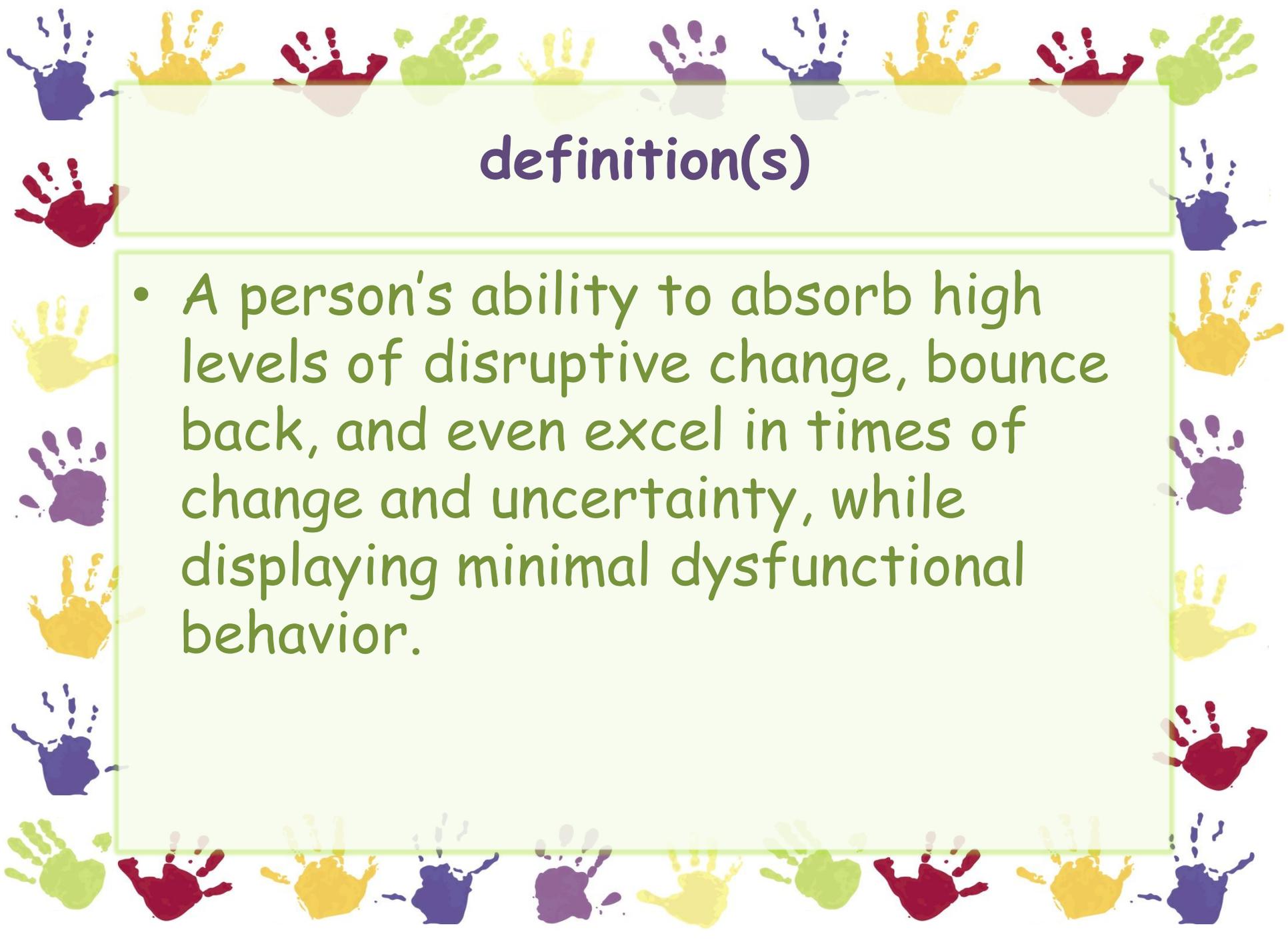
- 
- Resilience is a person's ability to cope with the difficulties and stresses of life, and to emerge from them stronger than before, having learned something from the experience.
 - The term also refers to a person's ability to return to his former situation after having experienced a lengthy period of deprivation, or stress.

- 
- Resilience is a universal capacity which allows a person, group or community to prevent, minimize or overcome the damaging effects of adversity. Resilience may transform or make stronger the lives of those who are resilient. The resilient behavior may be in response to adversity in the form of maintenance or normal development despite the adversity, or a promoter of growth beyond the present level of functioning. Further, resilience may be promoted not necessarily because of adversity, but, indeed, may be developed in anticipation of inevitable adversities.

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definition(s)

- Resilience is defined as a dynamic process that individuals exhibit positive behavioral adaptation when they encounter significant adversity, trauma, tragedy, threats, or even significant sources of stress.

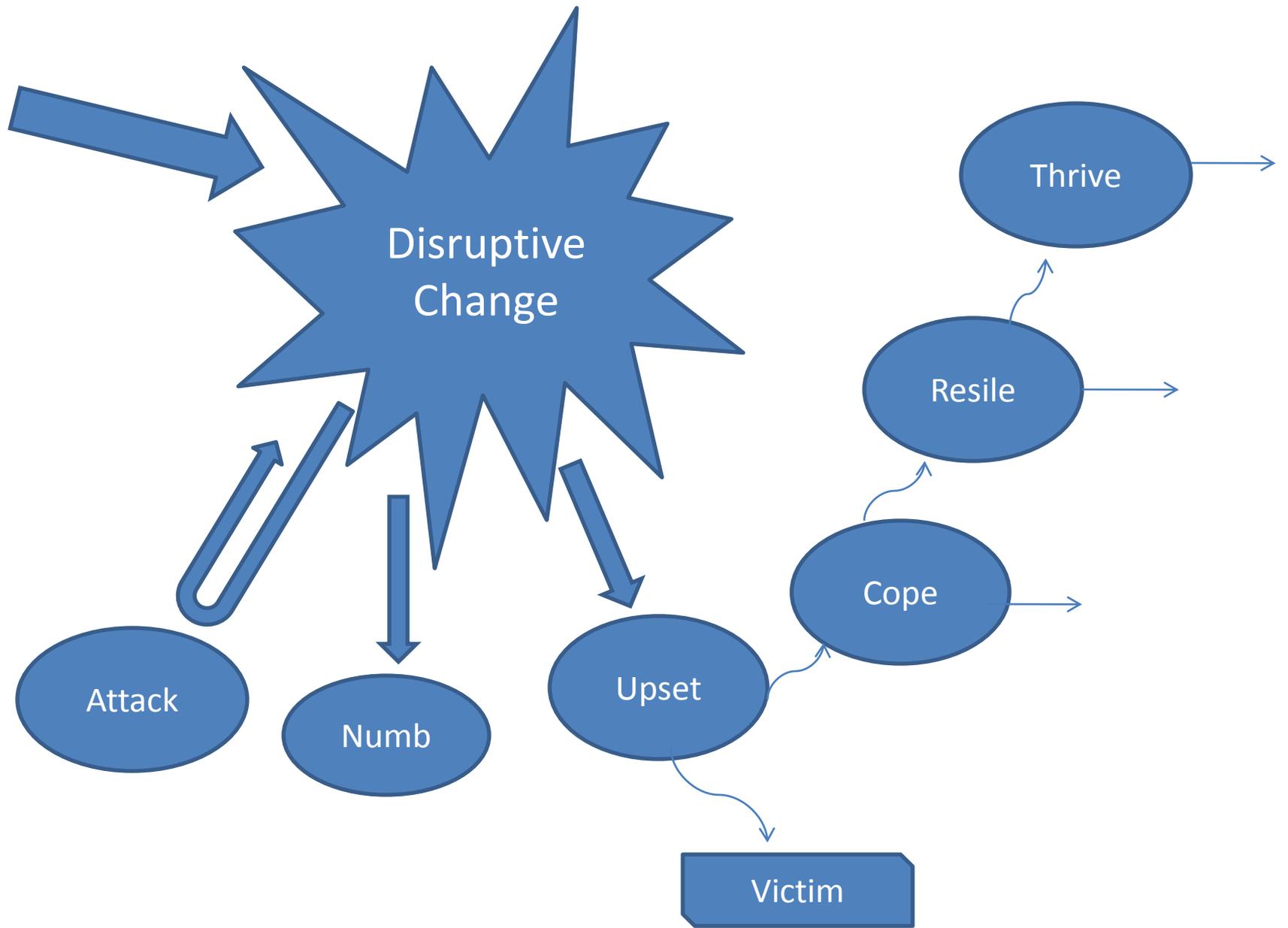
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definition(s)

- A person's ability to absorb high levels of disruptive change, bounce back, and even excel in times of change and uncertainty, while displaying minimal dysfunctional behavior.

Definitions of resiliency on the Web:

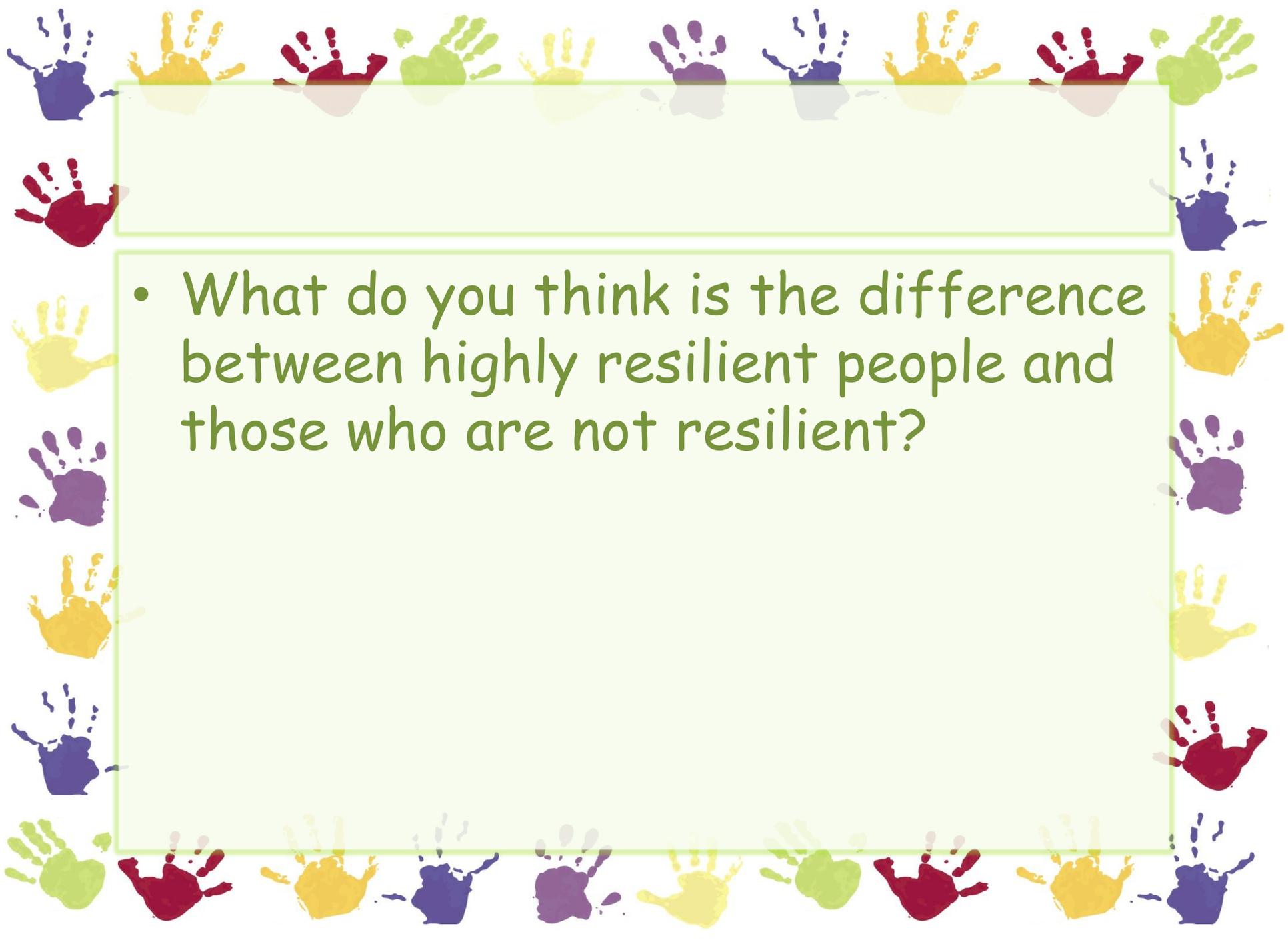
- an occurrence of rebounding or springing back
- the physical property of a material that can return to its original shape or position after deformation that does not exceed its elastic limit
- Resilience is the property of a material to absorb energy when it is deformed elastically and then, upon unloading to have this energy recovered. In other words, it is the maximum energy per unit volume that can be elastically stored.
- recovering readily from adversity, depression, or the like
- bouncy: elastic; rebounds readily; "clean bouncy hair"; "a lively tennis ball"; "as resilient as seasoned hickory"; "springy turf"
- Able to weather tribulation without cracking
- The ability of a fabric to spring back to its original shape after being twisted, crushed, wrinkled, or distorted in any way.
- The capacity of a system, community or society potentially exposed to hazards to adapt, by resisting or changing in order to reach and maintain an acceptable level of functioning and structure. This is determined by the degree to which the social system is capable of organizing itself to increase its capacity for learning from past disasters for better future protection and to improve risk reduction measures.
- Capable of withstanding shock or pressure without permanent deformation or rupture.
- Term used to describe the property of foam, fiber, fabric or a spring unit to spring back to its original form.
- increased probability of school and life success despite adversities caused by early characteristics, conditions, and experiences.
- The ability to withstand mental or physical stress.

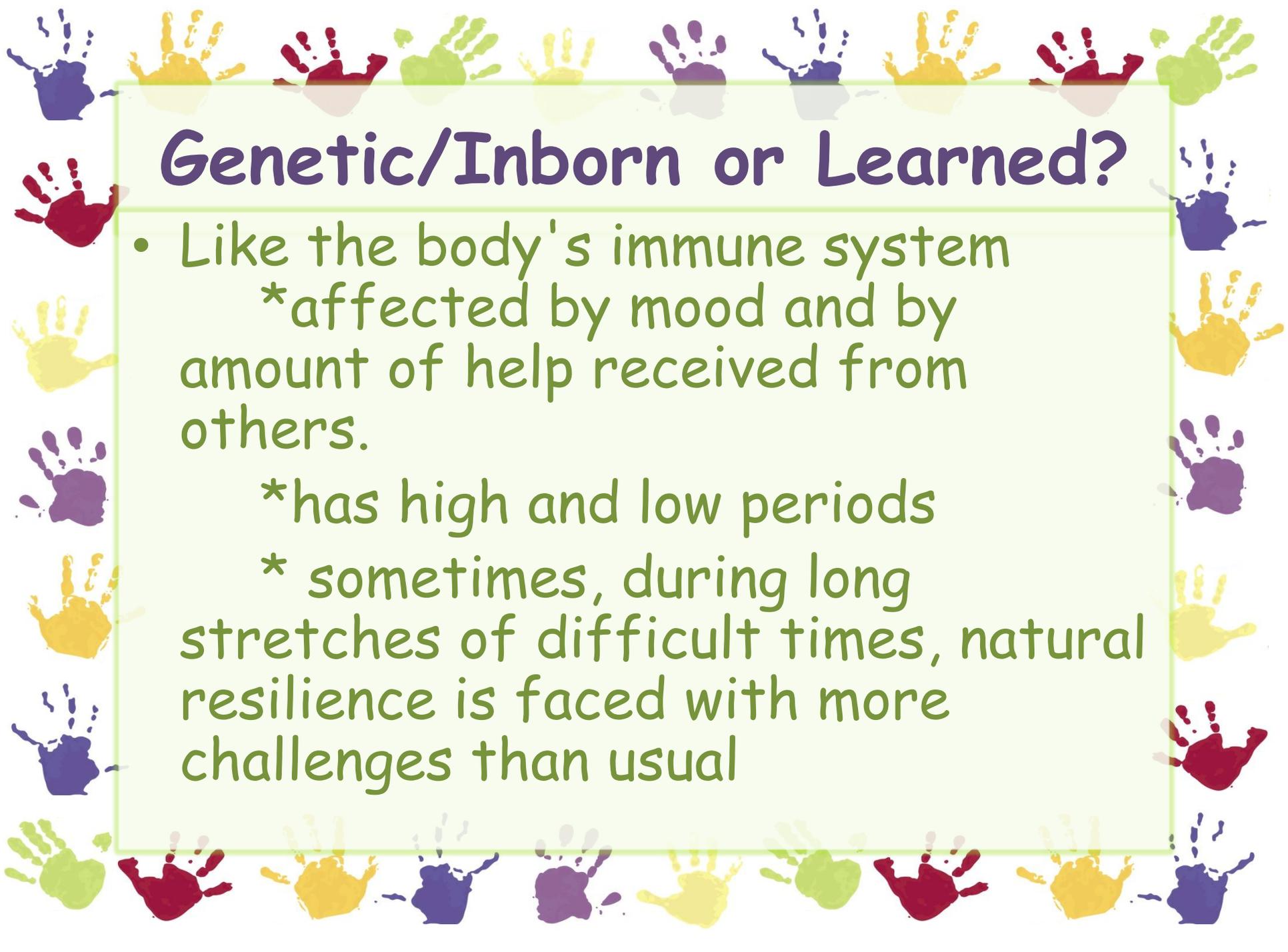




Three types of resilience

1. Positive outcomes despite experiencing high-risk environments
2. Competent functioning in the face of acute or chronic major life stressors
3. Recovery from a traumatic event

- 
- What do you think is the difference between highly resilient people and those who are not resilient?



Genetic/Inborn or Learned?

- Like the body's immune system
 - * affected by mood and by amount of help received from others.
 - * has high and low periods
 - * sometimes, during long stretches of difficult times, natural resilience is faced with more challenges than usual



Research

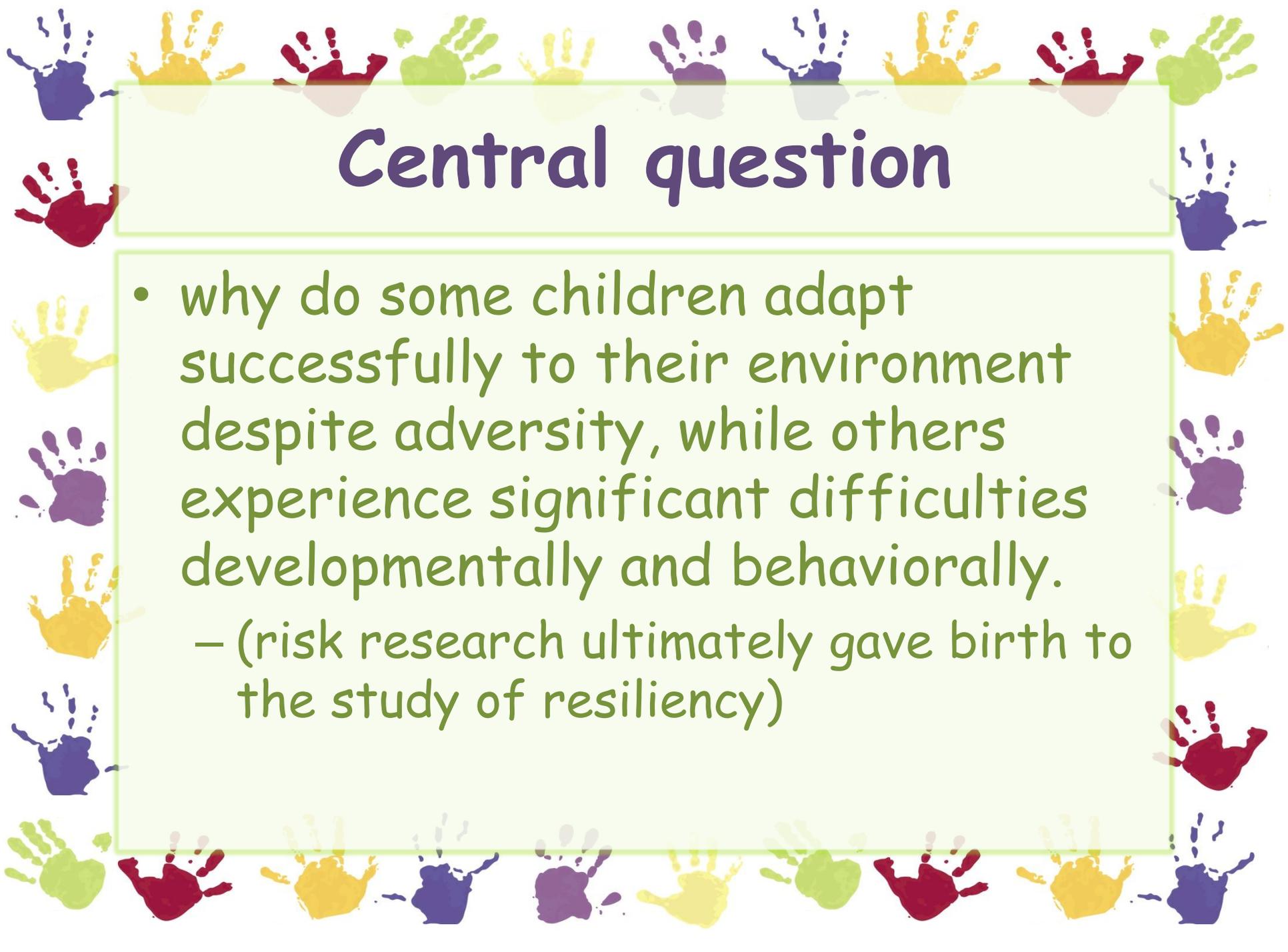
- Resiliency Movement

- majority of children who experience adversity somehow "beat the odds"
- most people who experience "risk" in their lives find a way to bounce back
- some children actually manifest adaptive, rather than pathological, characteristics when confronted with significant personal disadvantages



Research

- first generation began by examining disadvantaged children, with the primary focus being attachment and single risk factors
- the second generation also focused on risk factors, but expanded the focus to include multiple factors
 - interaction of risk and protective factors



Central question

- why do some children adapt successfully to their environment despite adversity, while others experience significant difficulties developmentally and behaviorally.
 - (risk research ultimately gave birth to the study of resiliency)



Research

- Mothers with schizophrenia
 - central predictor of children's resilient behavior: competence
- Kauai children - longitudinal study
 - quality of home environment
 - "at-risk," vulnerable children: internal (inborn/within) & external (environmental/outside) protective factors = sense of meaning, control, and hopefulness