



# On... Resilience

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**What is resilience?**

**What are factors that lead to resilience?**

**How is the capacity for resilience built?**

**Does culture effect resilience?**



## **What is resilience?**

**What are factors that lead to resilience?**

**How is the capacity for resilience built?**

**Does culture affect resilience?**

**the capacity to cope with stress and  
adversity.**

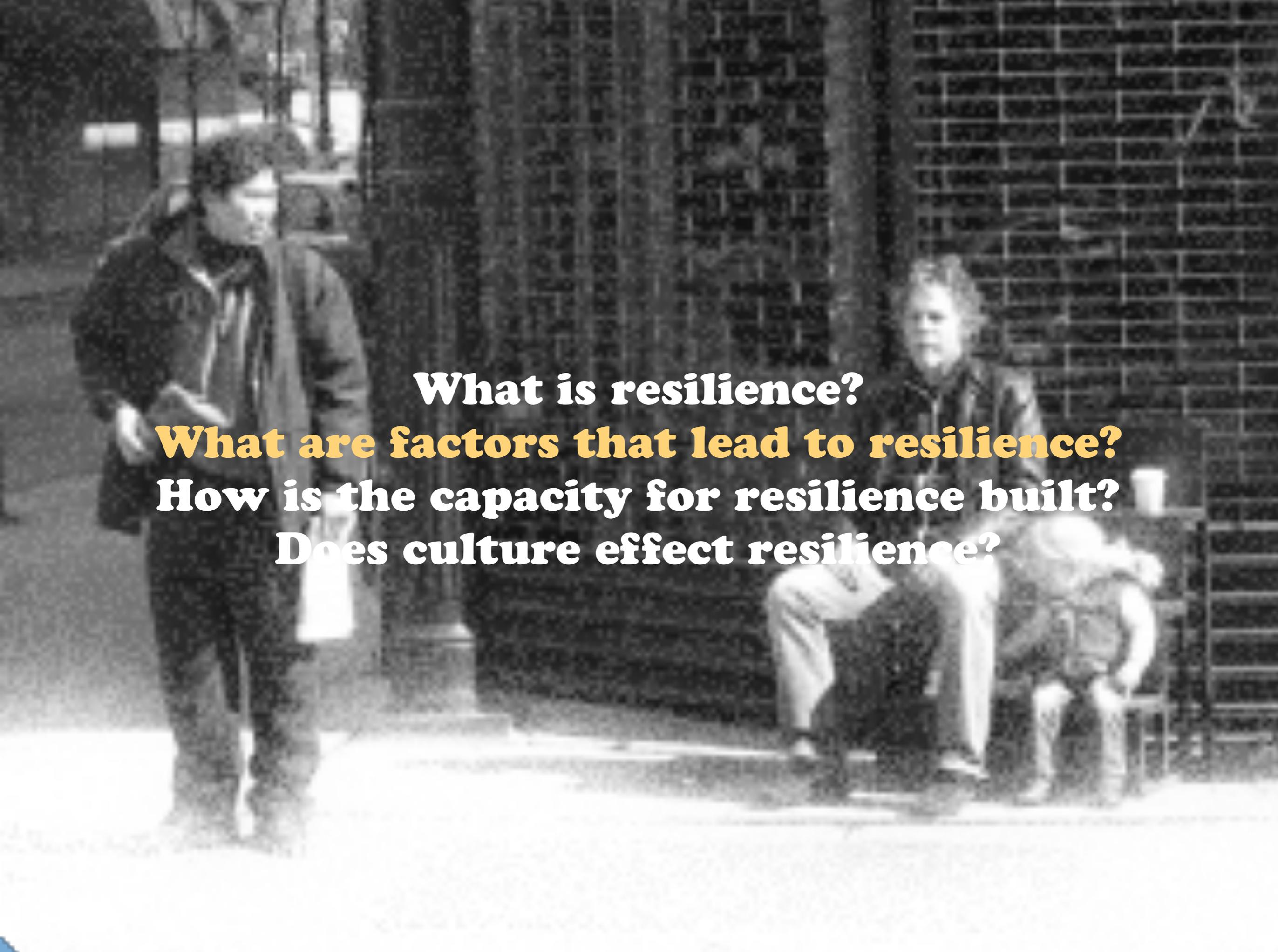
**the belief in oneself and, at the same time,  
in something larger than oneself.**

**good **outcomes** despite serious  
threats to well-being.**

**resilience is the capacity of individuals to navigate their way to health-enhancing resources and the capacity of individuals' physical and social ecologies to provide those resources in meaningful ways.**

~~resilience is the capacity of individuals to  
navigate their way to health-enhancing  
resources~~ **THE STRENGTH OF THE EGO-  
SELF AXIS** ~~and the capacity of  
individuals' physical and social ecologies  
to provide those resources in meaningful  
ways~~ **THE QUALITY OF THE VESSEL.**

**resilience is not a trait that people have  
or don't have. it involves behaviors,  
thoughts, and actions that can be **learned**  
and developed in anyone.**



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**Caring and supportive relationships  
within and outside the family.**

**the capacity/challenge for a person to  
maintain self-esteem.**

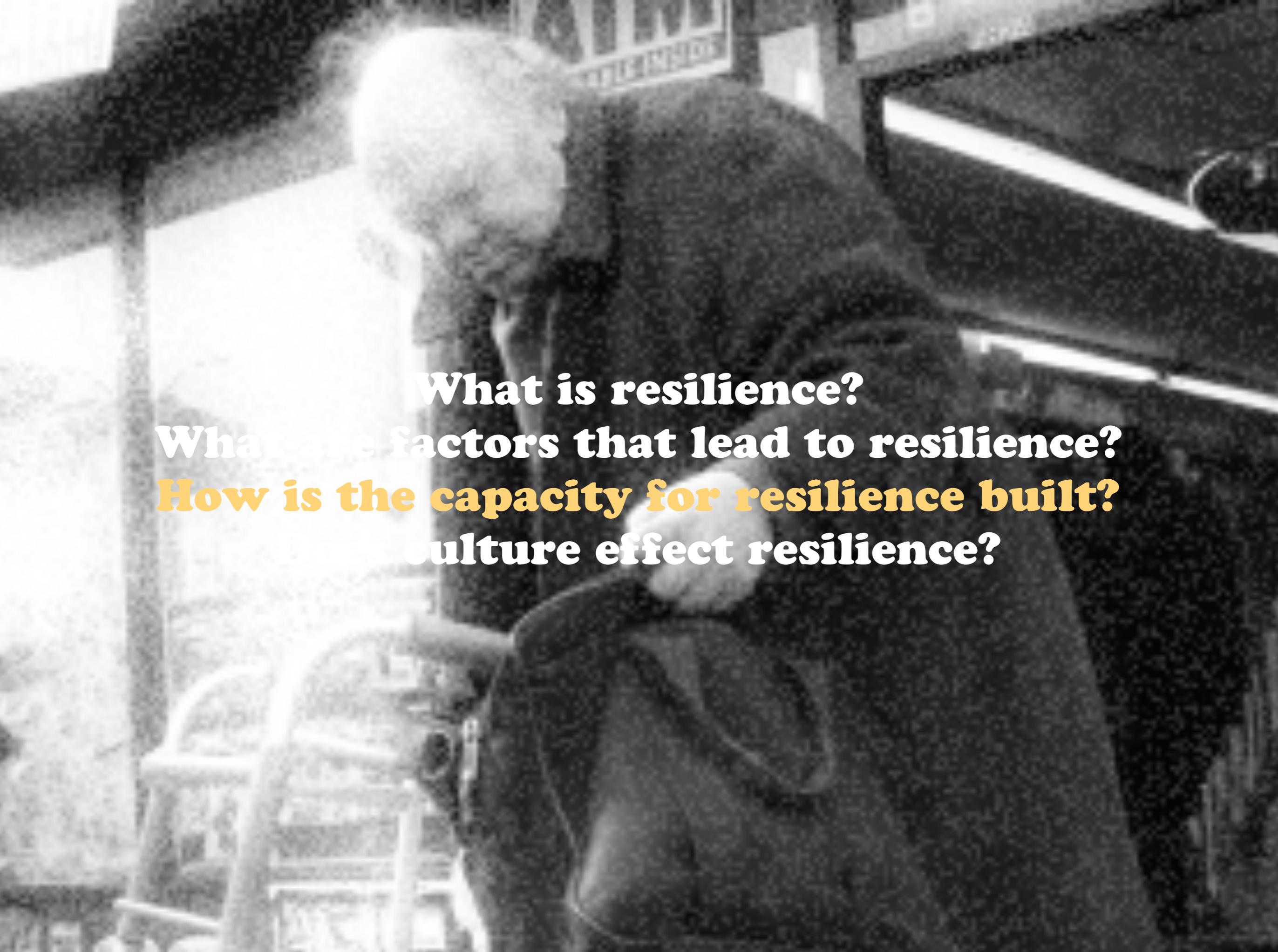
**the capacity to **adapt** successfully.**

**belief in yourself as capable and  
competent.**

**the capacity to respond **actively** and  
**creatively** to adversity.**

**refrain** from blaming themselves for  
what has gone wrong.

**being flexible yet balanced.**



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**There seems to be **many** models.  
Let's look at two...**

## **APA Ten ways to Build Resilience (The road to Resilience)**

- 1. Make connections**
- 2. Avoid seeing crises as insurmountable problems**
- 3. Accept that change is a part of living**
- 4. Move toward your goals**
- 5. Take decisive actions**
- 6. Look for opportunities for self-discovery**
- 7. Nurture a positive view of yourself**
- 8. Keep things in perspective**
- 9. Maintain a hopeful outlook**
- 10. Take care of yourself**

# **Edith H. Grotberg**

## **A Guide to Promoting Resilience in Children: Strengthening the Human Spirit**

### **I HAVE**

- **People around me I trust and who love me, no matter what**
- **People who set limits for me so I know when to stop before there is danger or trouble**
- **People who show me how to do things right by the way they do things**
- **People who want me to learn to do things on my own**
- **People who help me when I am sick, in danger or need to learn**

### **I AM**

- **A person people can like and love**
- **Glad to do nice things for others and show my concern**
- **Respectful of myself and others**
- **Willing to be responsible for what I do**
- **Sure things will be all right**

### **I CAN**

- **Talk to others about things that frighten me or bother me**
- **Find ways to solve problems that I face**
- **Control myself when I feel like doing something not right or dangerous**
- **Figure out when it is a good time to talk to someone or to take action**
- **Find someone to help me when I need it**



**What is resilience?**  
**What are factors that lead to resilience?**  
**How is resilience built?**  
**Does culture affect resilience?**

**Yes.**

**discursively.**

**culture often seeks to weaken resilience.  
for instance much of advertising and  
marketing**

**where in your life does culture weaken  
your resilience?**

**perhaps its time to give that up...**

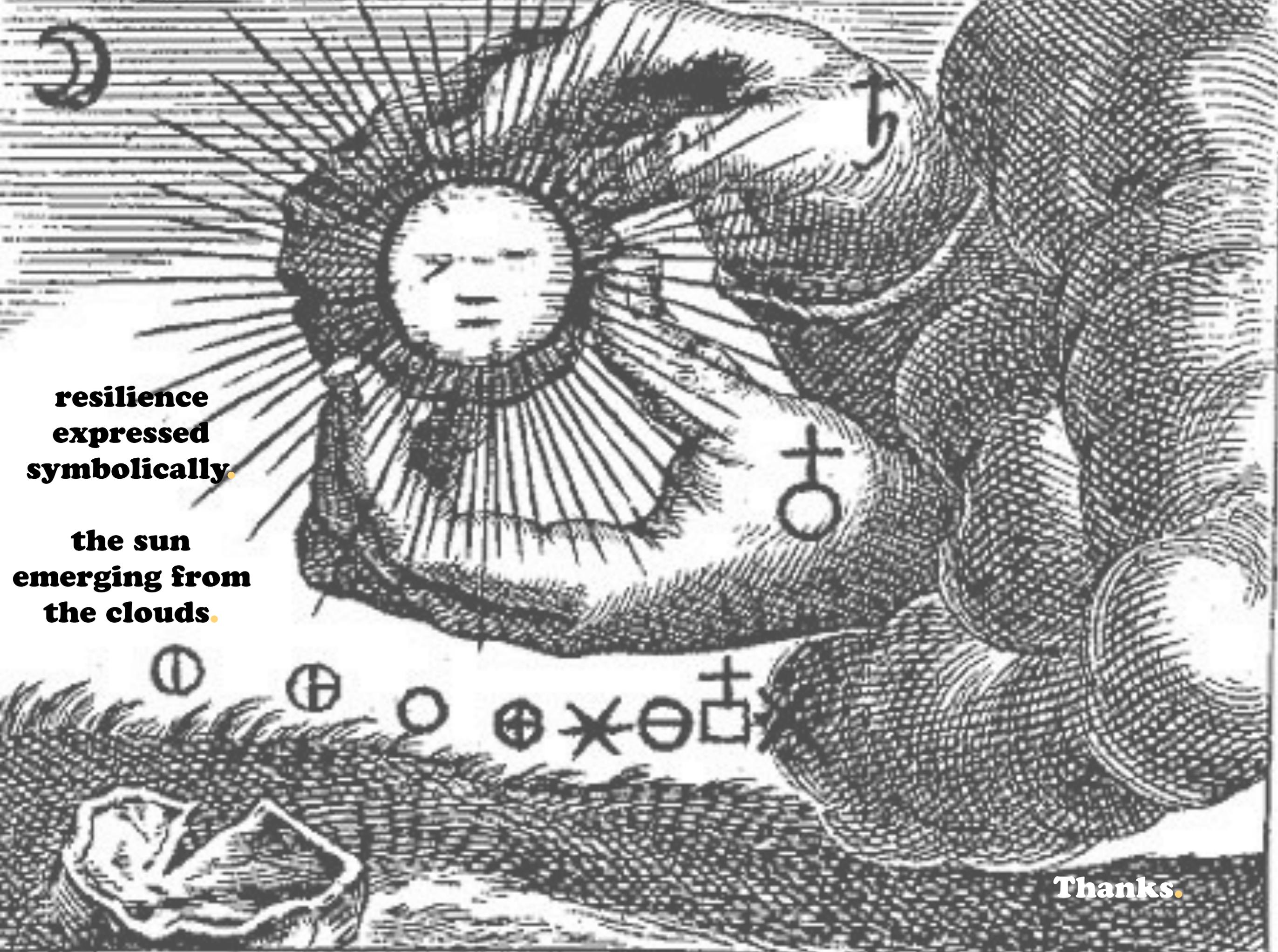
**constructively.**

**culture often seeks to strengthen  
resilience.**

**for instance people often aspire to  
develop it because of sports stars or  
some other type of important figure.**

**where in your life does culture  
strengthen your resilience?**

**perhaps its time to understand why...**



**resilience  
expressed  
symbolically.**

**the sun  
emerging from  
the clouds.**

**Thanks.**

**Thanks.**

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