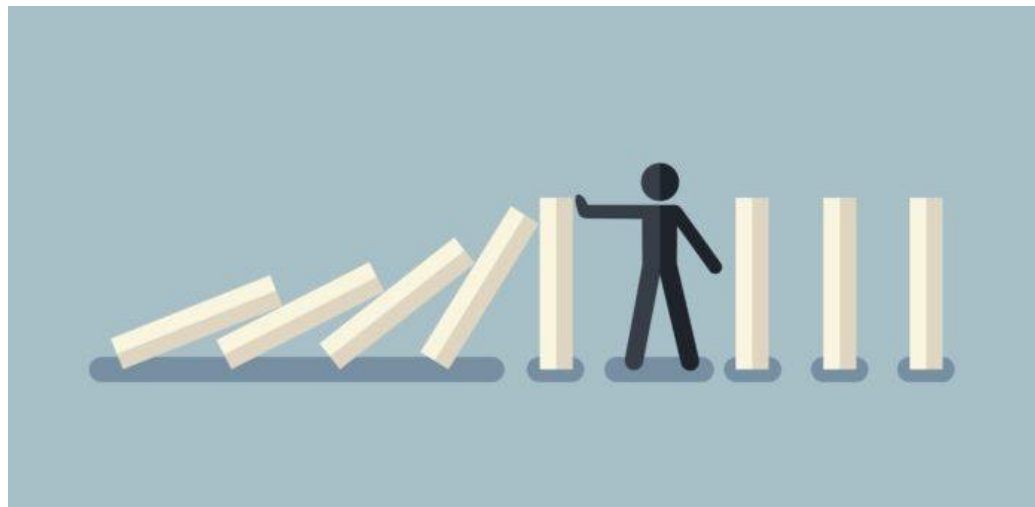


# Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress .... It means "bouncing back" from difficult experiences.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

**The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.**



# American Psychological Association

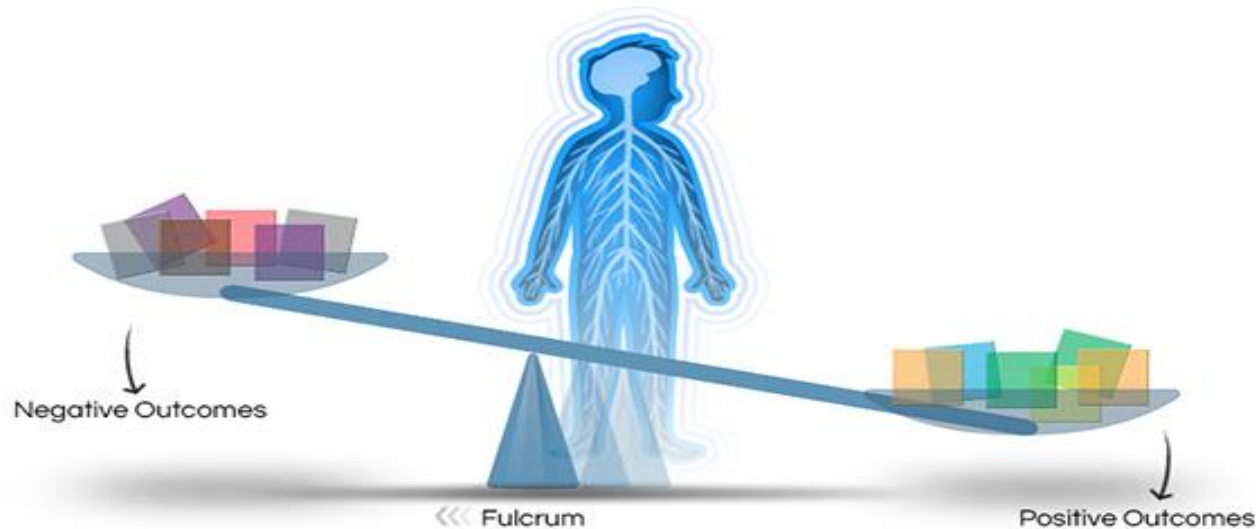
Many studies show that **the primary factor in resilience is having caring and supportive relationships within and outside the family.**

Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience.



# Harvard University Center on the Developing Child

- ▶ One way to understand the development of resilience is to visualize a balance scale or seesaw. Protective experiences and coping skills on one side counterbalance significant adversity on the other. Resilience is evident when a child's health and development tips toward positive outcomes – even when a heavy load of factors is stacked on the negative outcome side.



# Harvard University Center on the Developing Child

The capabilities that underlie resilience can be strengthened at any age. The brain and other biological systems are most adaptable early in life. Yet while their development lays the foundation for a wide range of resilient behaviors, **it is never too late to build resilience.** Age-appropriate, health-promoting activities can significantly improve the odds that an individual will recover from stress-inducing experiences. For example, regular physical exercise, stress-reduction practices, and programs that actively build executive function and self-regulation skills can improve the abilities of children and adults to cope with, adapt to, and even prevent adversity in their lives. Adults who strengthen these skills in themselves can better model healthy behaviors for their children, thereby improving the resilience of the next generation.

# American Psychological Association

Several additional factors are associated with resilience, including:

- ▶ The capacity to make realistic plans and take steps to carry them out.
- ▶ A positive view of yourself and confidence in your strengths and abilities
- ▶ Skills in communication and problem solving
- ▶ The capacity to manage strong feelings and impulses.



# RESILIENCE

Bouncing Back - National Dropout Prevention Center/Network

