

resilience

Resilience exists when a person can bounce back and thrive from major challenges. It is often tested when stress

factors arise in everyday life and when trauma or tragedy strike. Stress is not the only factor that can test a person's resilience; however, how a person handles stress is a strong indicator of their ability to bounce back. Resilience is also a key element in well-being. At work, resilient people are better able to deal with the demands placed upon them, especially where those demands may require them to deal with constantly changing priorities and a heavy workload.

Resilience is not a characteristic gifted to some individuals and not others. The key is resilience is not a passive quality, but an active process. How we approach life and everything it can throw at us, has a massive impact on our experience.

The ability to cope well with pressure, adversity and uncertainty relies on developing behaviors, thoughts and actions. Anyone can learn these habits and create strategies to help increase resilience and hardiness. Resiliency experts say that that people are helped by a particular pattern of attitudes and skills that helps them to survive and thrive under stress. "Simply put, these attitudes are commitment, control, and challenge. As times get tough, if you hold these attitudes, you'll believe that it is best to stay involved with the people and events around you (commitment) rather than to pull out, to keep trying to influence the outcomes in which you are involved (control) rather than to give up, and to try to discover how you can grow through the stress (challenge) rather than to bemoan your fate."

(Maddi and Khoshaba, 2006)



**CareGivers
of America**
Home Healthcare Services