

Resilience

Resilience

The capacity to withstand, recover from, and overcome:

Adverse experiences

Difficulties

Challenges

Hardships

Failures

“MOTHER TO SON” a poem by Langston Hughes (1922)

Well, son, I'll tell you:

Life for me ain't been no crystal stair.

It's had tacks in it,

And splinters,

And boards torn up,

And places with no carpet on the floor— Bare.

But all the time I'se been a-climbin' on,

And reachin' landin's, And turnin' corners,

And sometimes goin' in the dark Where there ain't been no light.

So boy, don't you turn back.

Don't you set down on the steps 'Cause you finds it's kinder hard.

Don't you fall now—

For I'se still goin', honey,

I'se still climbin',

And life for me ain't been no crystal stair.

The Seven C's of Resilience

Competence: the ability to handle a situation effectively because you have the knowledge and skills to do so.

Confidence: the solid belief in one's own abilities which is derived from having knowledge and skills (competence).

Connection: close ties to family and community so that a solid sense of security is created which helps lead to strong values and prevents alternative destructive paths.

The Seven C's of Resilience - continued

Character: a solid set of **morals and values** to determine right from wrong and to demonstrate a caring attitude toward others.

Contribution: understanding the importance of **personal contribution, responsibility, and commitment** which creates a sense of purpose and motivation to act.

The Seven C's of Resilience - continued

Coping: learning to **cope effectively with stress** will help you be better prepared to overcome life's challenges.

Control: people who realize that they can **control the outcomes** of their decisions are more likely to realize that they have the ability to bounce back.

Developing Resilience

- Learn to relax
- Practice thought awareness
- Edit your outlook
- Maintain perspective
- Learn from your mistakes and failures
- Choose your response

Developing Resilience

- Set some goals
- Build self-confidence
- Acquire knowledge and skills
- Develop strong relationships
- Be flexible

IMPORTANT POINTS:

- You can make a difference.
- Life's events are not purely random.
- Most things that happen are the result of individual's choices and actions.
- Actions produce consequences.