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Humanities Periods 4-5

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**Resilience**

Resilience is the capacity to recover quickly from difficulties. People who are resilient draw on strengths in them, in their relationships, and in their communities to help them overcome difficulties. “In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life” (Bandura). Resilient people often find meaning even in times of trouble and gain confidence from overcoming difficulty. Resilience can contribute to a deeply satisfying life. Those who lack resilience may instead become overwhelmed by such experiences; they are slower to recover from setbacks and may experience more psychological distress. Resilience does not eliminate stress or erase life's difficulties, it gives people the strength to overcome problems and move on with their lives. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Making connections, avoid seeing crises as too great to be overcome problems, positive emotions, keeping things in perspective, accepting that change is a part of living, and encouraging a positive view of yourself are some steps to resilience.

People who have the close relationships and social supports help them during times of difficulty and misfortune, and also experience much joy and satisfaction in these relationships during everyday life. Happiness involves feeling more positive emotions than negative ones it also means finding meaning and satisfaction when you reflect on your life. Finding meaning in life events, leads to more positive emotions. Researchers found that their better ability to rebound from adversity and stress, ward off depression, and continue to grow. Their increase in happiness came from feeling good, not from avoiding feeling bad. “Happy people become more satisfied not simply because they feel better, but because they develop resources for living well” (Resilience and Happiness).

With more resilience, you can overcome life’s challenges and get back to appreciating what makes life beautiful. My experiences have taught me that if you see things in a negative way, everything will go on bad, but if you see things in a positive way, good things will happen to you. “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty” (Churchill). I think that if you see the positive things in the bad things, you will be resilient. While if you see the negative stuff in the bad things, you will never go beyond that.

“Resilience.” *This Emotional Life.* 2011. Web. 27 Apr. 2014.