

Resiliency

"The world breaks everyone, and afterward, some are strong at the broken places."
Ernest Hemingway

Resiliency is not merely a reflection of inherent strengths, but is a term used to describe what a person does in specific stressful situations. Resilience is a person's ability to maintain a level of functioning that adapts to a situation of extreme stress including exposure to trauma.

Three basic variables influence a person's resiliency: 1) personality, 2) family and 3) availability of support systems.

Studies conclude resilient individuals appear to be those who include these traits:

- High sociability
- Faith
- A thoughtful and active coping style – they are task oriented.
- A strong perception of their ability to control their destiny. They have a belief in self and one's strengths.
- Determination.
- An extraordinary will to transcend.
- The capacity to preserve social connections. The capacity to preserve calm.
- The capacity to preserve their judgment, moral values and sense of meaning.
- A high degree of responsibility for the protection of others as well as themselves, avoiding unnecessary risks.
- The ability to accept fear in themselves and others but are prepared for danger as well as they can be.
- Fortunate or positive circumstances in their lives.
- An avoidance of isolation.