

What is resilience?

Fostering the 'ordinary magic' of resilience

What is resilience?



Resilience is the capacity to 'bounce back', recover, and adapt in the face of hardship, stress, or adverse experiences.

Resilience comes from common and ordinary experiences!



Why is it 'ordinary magic'?

Resilience is not a rare or extraordinary characteristic that some people have and other people don't. Resilience comes from common and ordinary experiences.

What are protective factors?

Protective factors are the experiences that protect or buffer us from the adverse effects of stress, and promote resilience. The more access we have to these protective factors during hard times, the more resilient we're likely to be.

- Effective, quality caregiving
 - Close relationships with capable adults
 - Close friends or romantic partners
 - Intelligence and problem solving skills
- 
- Self-control, emotion regulation, planfulness
 - Motivation to succeed
 - Faith, hope, belief in meaning in life
 - Effective schools
 - Effective neighborhoods and communities

Masten, 2014

Resilience Myths

- **Myth:** Resilience is a characteristic some people have and other people don't.
- **Truth:** **Resilience is not a characteristic or trait.** Resilience is something we can all experience.
- **Myth:** Your ability to be resilient is consistent across your life.
- **Truth:** **Resilience fluctuates over time**, depending on the level of adversity you are experiencing, and on your ability to access protective factors in your life.
- **Myth:** If you're resilient during one kind of hardship, you should be resilient during all kinds of hardships.
- **Truth:** Though you may be resilient in many situations, **resilience during one experience does not guarantee you'll always be resilient to every type of experience.**
- **Myth:** Resilience only happens when you face extreme adversity.
- **Truth:** **Resilience is built, strengthened, shaped and expressed over time through all kinds of experiences** - the typical ups and downs of life, and extreme adversity.

What is resilience?

Fostering the 'ordinary magic' of resilience

How can adults help?

There are many ways adults can promote resilience in young children. Adults can:

- **Connect, listen, express care.**
- Provide **structured and predictable environments.**
- Help children solve problems without taking over.
- **Keep a positive outlook.**
- Actively teach and **model healthy coping strategies.**



How do these actions promote resilience?

When adults:

Connect, listen, express care

Provide predictable rules & structure

Help solve problems without taking over

Keep a positive outlook

Model healthy coping strategies

Children learn:

My needs matter, and adults are here to help me when I feel upset.

I know the rules and what to expect, and that makes me more confident.

I am smart and can solve problems, and adults help me when I'm stuck.

I believe there is purpose in life, and good things can happen.

I can name and tame my emotions and control my behaviors.