

Why is Resilience Important?

What Does it Mean to Be Resilient?

Being resilient, or having resilience, means being able to deal with and quickly recover from a problem.

Resilience allows individuals to be flexible when something happens. They can think about what happened to them and learn to how to change, respond, and heal.

Why is Resilience Important?

Resilience is important because it helps people deal with the bad things that happen to them. This means that people are strong enough to recover from difficult situations.

Example: Trauma, illness, disaster, job loss, a loved one's death, or the COVID-19 pandemic, etc.

It allows us to manage things in a healthy way and get back on the same path we were on before. Dealing with hard things can mess up our routines, mental or physical health, self-image, relationships, and many other things in our lives. If we're resilient, we can keep getting better.

People with less resilience may use unhealthy ways to overcome tough times. This can often lead to more issues later. It can also make it difficult to fully recover from the thing that happened in the first place.

How Do I Know If I'm Resilient?

Everyone is resilient but you can always learn more resilience skills!

Being resilient means being able to bounce back up. If you have ever fallen to the ground and were able to get it back up, then you're resilient. Even if you had help standing up, you are still resilient. Resilient individuals learn their own skills as well as learn to lean on support systems to work through challenges.

Becoming more resilient doesn't mean you won't experience stress or any other difficult emotions anymore. It means that you might experience emotional pain and suffering in your life, but you will survive and get stronger because of it.

Check out the *Intro to Resilience Skills* resources to learn about what skills you can learn and practice to become more resilient.