

RESILIENCE:

*Grow in the
face of
adversity*





OBJECTIVES

- **Understand what resilience is and is not.**
- **Identify resilience as a human capacity to develop so as to face adverse situations and overcome them.**
- **Learn practical tools to cope with adversity and build resilience.**

BASIC PREMISES

- **Adversity, like losses, is a normal event in life, is universal and is finite, that is, it doesn't last forever.**
- **Balanced dialogue can help to face adversity and loss.**
- **Lack of activity is a strong obstacle in the fight against pain and suffering.**



RESILIENCE AND THE INDIVIDUAL APPROACH

In 1955, the concept of
RESILIENCE emerged
through studies
In observations of children
who were able
to adapt socially and survive
despite living in conditions
of poverty, domestic violence,
natural disasters, etc.



**The way to face
adversity positively
was related to:**

- **Individual attributes
(self-esteem, autonomy)**
- **Family aspects
(family structure,
presence of an adult nearby)**
- **Social environment in which
the person developed**



RESILIENCE AND THE SOCIAL APPROACH

RESILIENCE is a process that involve the person and their social environment in such a way that this helps one overcome adverse situations reducing personal risk and improving their quality of life.



RESILIENCE. WHAT IS IT?

- It is the **HUMAN CAPACITY**, individual or group, to resist adverse situations, finding new ways to get out of them.
- It is a **CREATIVE RESOURCE** that allows finding new answers for situations that seem to have no way out.



RESILIENCE. WHAT IS IT?



- It is a **PROCESS** that can be developed and promoted.
- It is the **INNER FORCE** that is required to overcome the stress produced by extremely adverse situations and emerge victorious despite adversity.

RESILIENCE. WHAT IS IT?

- **INTERIOR STATE** that allows the human being to overcome and hope.
- **APTITUDE AND ATTITUDE** to generate pillars which support the bridge that allows overcoming obstacles.




RESILIENCE. WHAT IS IT?



- It's more than just resisting, surviving or overcoming adversity.
- It is more than putting on a good face in bad weather or in adversity.
- It implies that the person affected by stress or adversity is able to overcome it and come out strengthened.

- **One is not born resilient**
- **It is not acquired ‘naturally’ in development.**
- **It depends on the interactive process that the person has with other human beings responsible for the construction of the human psychic system.**



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- A photograph showing the back of a man in a grey checkered shirt and dark pants walking on a paved road, holding the hand of a young child in a white t-shirt and shorts. They are walking away from the camera towards a horizon under a cloudy sky.
- Resilience is **TAUGHT**, adults become role models with their way of responding to adversity.
 - Resilience is **LEARNED** as you face daily situations by resisting negative and pessimistic thoughts by answering questions such as:

***What's the worst that can happen to me?
What is the real probability that this will happen?***

RESILIENCE. COMPONENTS

- **Adverse situations, traumas or threats to human development.**
- **Positive adaptation to overcome adversity (capacity of the person)**
- **Emotional and sociocultural mechanisms that influence human development (external factors)**



RESILIENCE. TYPES

- **INDIVIDUAL RESILIENCE**
- **FAMILY RESILIENCE**
- **SOCIAL AND COMMUNITY RESILIENCE**



COMMON SOURCES OF ADVERSITY

- **HEALTH:** serious, terminal or chronic illness. Death of a loved one.
- **INTERPERSONAL RELATIONSHIPS:** spouse, family, friends, divorce.
- **WORK:** employment, reduced income, blocks in professional development.
- **ECONOMY:** bad investments, bankruptcy in family finances.



COMMON SOURCES OF ADVERSITY

ACCIDENTS

NATURAL
DISASTERS

VIOLENCE

WARS

TERRORISM

THE PANDEMIC...





RESILIENCE = SELF-REGULATION SKILL



- **Combination of patience, self-control, endurance capacity, and self-discipline**

PRACTICAL TOOLS TO GET AHEAD OF ADVERSITY AND DEVELOP RESILIENCE



1. Accept that adversity is universal, finite; that pain is a school that helps you grow, and that problems are opportunities.
2. Consider the positives of adversity.
What is good about this for me?
How does it help me in my growth?
3. Enjoy the present, do not lament for the past that is already behind, and live the future with hope.
4. Take care of your language, do not generalize: "It always happens to me", "I can never be happy", etc.
5. Seek to forgive and let go of what hinders you, live without resentment.





6. Don't be too demanding toward yourself.
7. Examine your strengths and lean on them.
8. Discard negative and fatalistic emotional thoughts.
9. Be grateful at all times.
10. Cultivate wisdom, humility, justice, temperance, patience, and persistence.
11. Hold on to a belief and faith system.
12. Build a good social support system.

RESILIENCE. HOW DOES IT DEVELOP?

WITH POWERFUL PHRASES
THAT NURTURE SELF-ESTEEM:

I AM
I CAN
I HAVE

*Believe in
yourself*



CONCLUSION

RESILIENCE

**is the capacity to face adversity,
transforming the pain into hope,
into an internal resource
useful for coming out strengthened.**



PROMISE

“For I know well the plans I have in mind for you—oracle of the Lord—plans for your welfare and not for woe, so as to give you a future of hope”

Jeremiah 29:11



“They that hope in the LORD will renew their strength,

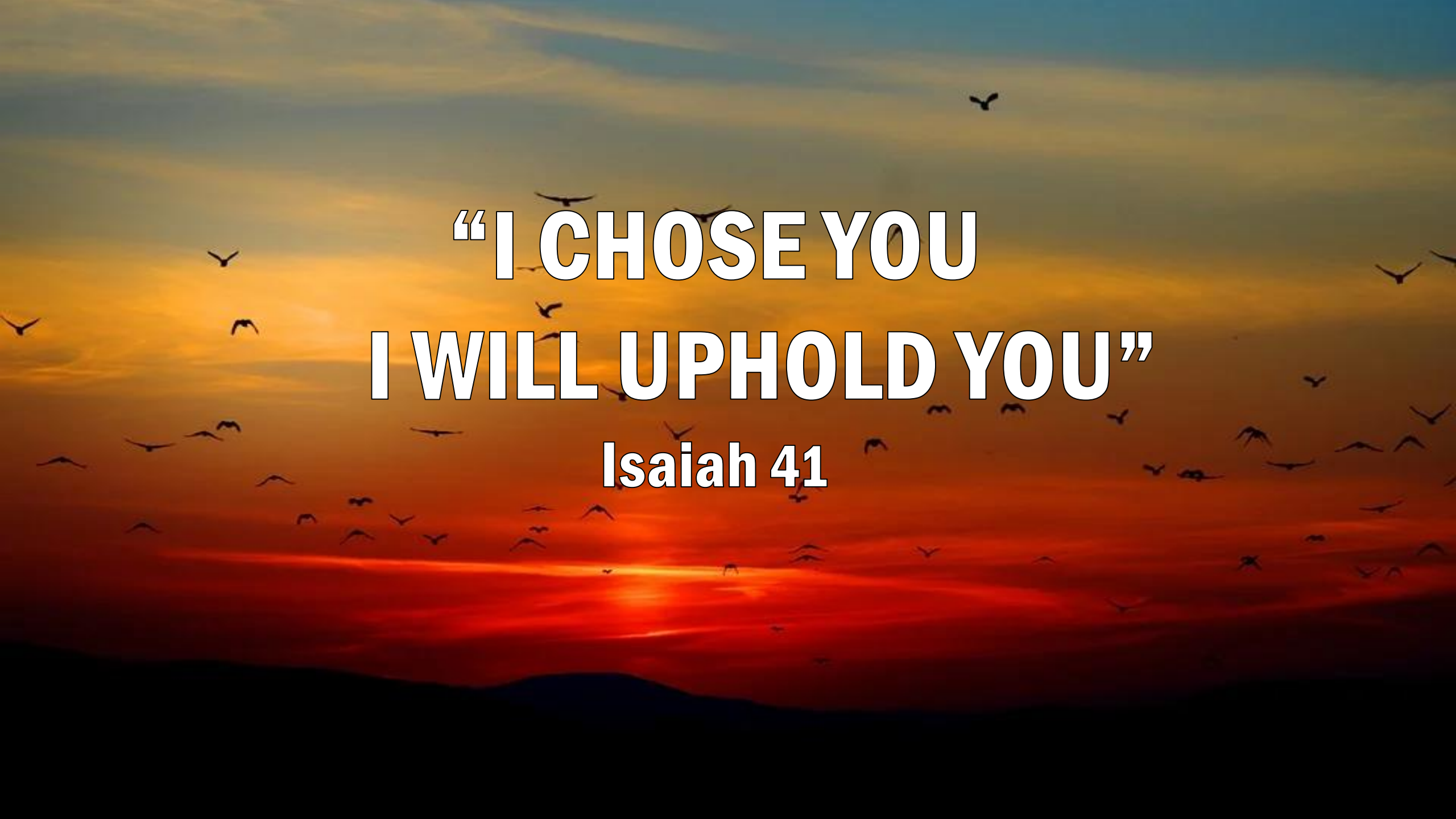
they will soar on eagles’ wings;

They will run and not grow weary,

walk and not grow faint. ”

Isaiah 40:31





**“I CHOSE YOU
I WILL UPHOLD YOU”**

Isaiah 41



**“Do not fear: I am with you;
do not be anxious: I am your God.
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.”
Isaiah 41:10**



“Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.”

3 John 1:2

REMEMBER

Developing
RESILIENCE does not
require a life without
problems, but rather
a positive attitude
towards them and
wanting to learn
from experience.





**TO CONCLUDE
THIS EXPERIENCE:**

What did you learn?

**In one word:
What remains with you?**



**Thanks
and see you
soon!**

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