

Original Article: The Concept of Resilience: How Individuals Overcome Adversity

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ABSTRACT

The present study examines the concept of resilience and its related problems. Resilience is the ability to return to balance and grow after challenges. Unlike endurance, which refers only to resistance, resilience includes learning and adaptation after crises. This is an acquired skill and plays an important role in mental health and improving the quality of life. Being resilient means having the flexibility to return to normal. Someone who has this characteristic and strengthens it is someone who faces disappointment, failure, and hardship, but can control everything in such a way that a return to the normal course of life is possible. Disasters, accidents, losses, and unpleasant events are not far from people's lives. Someone who knows resilience well and strengthens it in themselves, goes through all this and endures and perseveres in the struggle of difficult days in life. Suppose, a serious accident has occurred and you have suffered serious physical injuries. Enduring the situation and trying to recover, along with not getting discouraged and tired of the treatment process, shows that you are a resilient person.

Introduction

Resilience can be beneficial for everyone. People who have the skills of resilience and tolerance of hardship have several characteristics that are often in common. Resilient people are committed and responsible for life events and have the ability to be deeply involved in life activities and events. They also believe that they have the ability to control and influence life activities and also have the characteristic of being challenging. That is, despite the many changes in life, they believe that they can continue to grow and progress. There are several terms that sometimes blur the line between defining resilience.

Resilience, toughness, and what is the difference between them?

Sometimes the concepts of toughness and resilience are used interchangeably, but what is the difference? Toughness is a psychological characteristic that largely determines the way people deal with stress, pressure, and challenges, regardless of the circumstances. Part of toughness is the resilience and optimism to face challenges and accept risks, and part of it is self-confidence. People with the skill of toughness can take great strides by focusing on and relying on what they learn and achieve.

Of course, such a concept is very similar to resilience, but the differences between the two

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cannot be ignored. Resilience is something that helps us get back to our previous desired point from what has pulled us back. However, toughness wants to prevent regression from the very beginning and move forward.

Doug Strycharczyk, a researcher in the field of psychology who studies resilience and toughness, has an interesting point about the difference between these two concepts. He points out an important issue in the field of psychological resilience, all those who are mentally tough are also resilient, but it is not the case that all resilient people are necessarily tough. Tough people not only do not back down, but they also face challenges head on, to defeat them and take a step forward in life.

Mary Holloway, a famous English athlete, says: Resilience means knowing that the only person who is responsible for your growth and development is you.

Resilience, determination or willpower, and what is the difference between them?

Another concept that is confused with resilience is determination or willpower. According to the definition provided by Professor Guy Claxton, a professor and researcher in cognitive psychology, these two concepts have differences. There has been more research on determination and willpower, and its meaning is the tendency to maintain interest and effort to achieve goals in the long term.

Determination and determination are related to self-control and are different from short-term and temporary satisfaction. Psychologists and researchers have worked on other concepts such as determination and willpower or toughness more than resilience. However, the concept of resilience needs more research.

Of course, here too, the discussion of experience, skills and competencies is involved, but there are also differences that must be paid attention to in order to understand resilience. One of the fundamental differences between resilience and determination or determination and determination

is that the latter is more meaningful in the long term and long term, and the former in the short term.

That is, resilience is specific to short periods of time, and determination is meaningful in the long term. Having both of these characteristics is very useful and positive.

Resilience, psychological resilience and what is the difference between them?

Another concept that may be confused with resilience is psychological resilience. This term means the inner and mental strength to face the challenges in life. In order to have mental toughness, we need willpower, personal discipline, and perseverance. This ability is not just about the ability to bounce back from adversity. In general, it is an important trait that helps us control ourselves and be strong in any situation.

Resilience, perseverance, or patience, and what is the difference between them?

As you can see, the world of words is extremely broad. Resilience and patience are also other words that are used to express a state of mental strength and endurance, but they have some differences from resilience. Resilience and patience are mental strength that gives each person the ability to confront danger and endure pain and illness, a tolerance that is accompanied by courage and boldness. There is a lot of similarity between perseverance and willpower and stubbornness.

All of these traits and behavioral characteristics are internal and show us that a person has the ability to confront and overcome adversity. Having resilience is important in life. Research shows that resilience is naturally present in people. Of course, this skill is improveable and can be strengthened. After experiencing difficult and unpleasant moments, people can return to normal life and continue living with optimism and hope. The interesting point here is the relationship between adversity and resilience. That is, until difficulties appear, we cannot realize it. We are

equipped with a special feature in our being that allows us to return to normal conditions after difficulties or not. Resilience is associated with optimism and efforts to compensate. Of course, strengthening the resilience skill has a different limit and extent in everyone.

In fact, the more resilient we become, the more determined and happier we will survive the storms. The level of resilience in people varies from person to person.

Elizabeth Edward, a famous American writer, says: Resilience means accepting a new reality in life, even if this reality is not pleasant. You can fight it, or you can do nothing and cry over what has been lost. Your other choice is to accept the

situation and roll up your sleeves to create a pleasant reality.

Resilience and flexibility in life

In a word, if a person strengthens resilience in himself and becomes more aware of himself, he can easily manage his feelings, thoughts and behaviors in life. Such a person realizes that life has ups and downs and must deal with it with willpower and the use of constructive methods. Robert Jordan, a famous American author, said something interesting about resilience: The inflexible oak tree fights and breaks in the wind, but the willow tree bends, sways, becomes flexible and survives in the face of the wind (Figure 1).

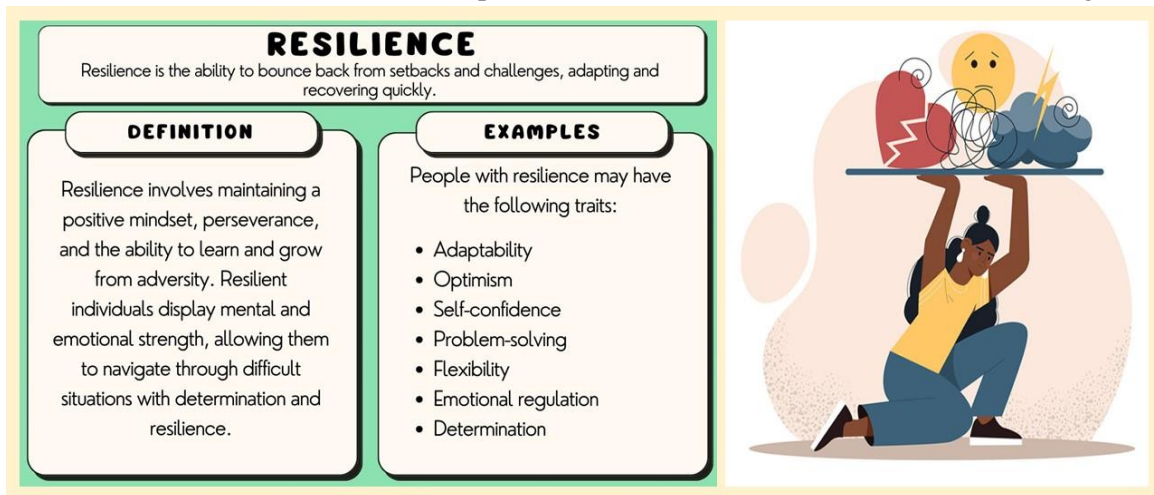


Figure 1. 43 Resilience Examples

Contributing factors to strengthening this ability

It is good to also mention factors that help us strengthen this skill and mental ability:

- ✓ The greater our ability to have realistic plans, the greater our resilience will be.
- ✓ The stronger our problem-solving skills are, the greater our resilience will be.
- ✓ The better we can face sudden events and better control our emotions, the more resilient we will be.
- ✓ The more positive we view ourselves and believe that we are strong, the more resilient we will be.

Why is strengthening resilience important?

The importance of resilience cannot be ignored. In a world where many events and events are out of our control, we need to increase our resilience in the face of adversity, but why?

The more resilient we become, the greater our ability to continue our education and learning. Resilience also helps reduce absenteeism from work and school and makes us a more active person.

One of the achievements of resilience is the reduction of symptoms of depression in life and the ability to manage stress.

Resilient people also cope better with serious physical illnesses and are more likely to recover.

A resilient person exposes themselves to less uncalculated risks and puts their lives in less dangerous areas.

Resilience brings a healthier life to each person and prevents deaths caused by wrong decisions and impatience.

Resilient people also have a better time in old age than others and face the challenges of their age properly and healthily.

How to strengthen resilience skills?

We can all define resilience and develop it in ourselves. It is not that a person is born resilient and another is born without this characteristic. Of course, hereditary characteristics cannot be ignored. Some people are more resilient than others, but there is always a part of acquisition and we can become more resilient by increasing our abilities. In order to develop resilient characteristics in ourselves, we need to identify opportunities that help us in our personal growth and development. After being aware of these, it is necessary to move forward energetically and boldly and take advantage of the opportunities. The following methods will help us in strengthening resilient characteristics:

- ✓ Let's be mindful of our health and not forget about self-care.
- ✓ Let's free ourselves from grudges and complexes by strengthening our sense of forgiveness.
- ✓ Let's tell others about our experiences and share them with others.
- ✓ Let's make our lifestyle healthy, for example, let's sleep well and eat well.
- ✓ Let's be organized in life and give meaning to our moments with purpose.
- ✓ Let's allow ourselves to experience different emotions and not suppress our emotions.
- ✓ If necessary, refer to a counselor and psychologist to better manage our emotions.
- ✓ Let's not wait to solve problems and take the initiative and solve issues.

- ✓ Let's know what support and assistance we need in life and benefit from the help of these supporters.
- ✓ Let's focus on the positive aspects of everything and raise our spirits with wise and realistic positive thinking.

Resilience and Raising Children

If we are responsible for raising a child, we must definitely try to strengthen his resilience. The future of such a child is definitely brighter than someone who has not learned to be resilient in the face of difficulties. Jodi Picoult, a famous American author, says: People's capacities are like bamboo shoots. Bamboos, like our resilience, are more flexible than they seem.

Types of Resilience

This skill has different aspects, strengthening each of which can help in dealing with difficult and challenging situations. Below, we have examined the different types of this skill:

1- Physical resilience: This skill refers to the body's ability to recover and improve after facing physical challenges such as accidents, illnesses or other injuries. Having a healthy lifestyle, regular exercise and proper nutrition are effective factors in strengthening this skill.

2- Emotional resilience: Emotional resilience refers to a person's ability to respond to stressful, unexpected situations and crises. This skill shows how a person copes with their emotions in difficult situations and how they can return to a state of emotional balance after unpleasant experiences. Various factors such as age and life experiences affect the extent of this ability of people.

3- Psychological resilience: This skill includes a person's ability to deal with mental and spiritual problems and challenges. People who have strengthened this skill are better able to face stress, anxiety and psychological pressure and overcome these situations.

4- Social resilience: Social resilience is the ability to adapt and overcome social and environmental challenges. This skill includes effective

communication, creating support networks, solving constructive problems and adapting to changes. Resilience, like a protective shield, makes individuals and societies more resistant to

pressures and increases the ability to deal effectively with problems (Figure 2).

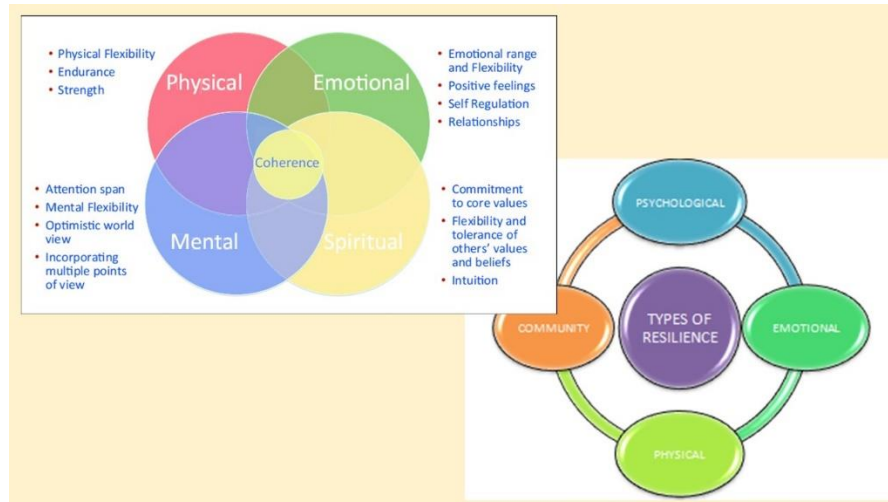


Figure 2. Positive Ways of Building Resilience in Youngsters

Factors affecting these skills

This skill is influenced by a set of individual and environmental factors. We have referred to the examination of each of these factors below:

A) Individual factors: Some of the most important individual factors that play a role in the formation and strengthening of this skill are as follows:

1- Self-confidence and self-awareness: People with high self-confidence are more persistent in the face of challenges. Because they believe in their ability to overcome obstacles. They see failure as an opportunity to learn. Self-awareness also helps increase resilience in difficult situations by identifying and strengthening weaknesses.

2- Controlling emotions and feelings: The ability to manage and control emotions, especially in stressful situations, is a key factor in this skill. People who can manage their emotions properly are less affected by negative emotions and can face problems more calmly. The ability to manage emotions helps people to continue to perform positively and continue on their path when others may be discouraged.

3- Physical health: Physical and mental health directly affect each other. Research has shown that

people who are fit and have a positive attitude towards their physical condition usually show greater resilience in the face of stress and psychological pressures.

B) Environmental factors: The characteristics of the communities and environments in which people live have a direct impact on their ability to face challenges and adapt to difficult situations. Some of the environmental factors that affect this skill include:

1- Social support and healthy relationships: The presence of strong social networks, supportive family and friends plays a very important role in strengthening this skill. The presence of people who can help and support a person in difficult times will reduce psychological stress and increase motivation to deal with problems.

2- Positive family and cultural environment: A healthy and supportive family environment in which there are sincere and mutually respectful relationships gives the person a sense of security. Also, a cultural environment with values such as empathy, cooperation, problem solving, and respect for differences helps the person learn healthy coping mechanisms and demonstrate better behaviors when faced with challenges.

3- Access to resources and support: Having a network of people and tools available to use during challenging times can significantly increase a person's ability to recover from hardships and adapt to difficult situations. In principle, the more support and resources available, the higher the potential for resilience.

Discussion

To increase resilience, several effective methods and techniques can be used that help strengthen this skill. The following are ways to increase resilience:

1- Strengthen self-awareness and recognition of emotions: Recognizing emotions and reactions in different situations helps people to better control themselves and make better decisions. You can strengthen self-awareness by writing down daily experiences and feelings or practicing meditation and mindfulness.

2- Shifting your mindset to a positive perspective: Trying to see the positive aspects of every situation and learning from failures helps increase resilience. Instead of seeing failures as the end of the road, see them as opportunities to learn and grow.

3- Build and strengthen a support network: Having friends and family who trust you and are there for you during difficult times helps with resilience. Make an effort, strengthen your relationships, accept support, and talk to others when you need it.

4- Learn and practice problem-solving: Strengthen your problem-solving skills to better deal with problems. This skill helps you look for logical solutions instead of drowning in problems. When you are faced with a problem, explore different options and solutions and choose the best decision.

5- Practice stress management: Learning stress management techniques such as breathing exercises, yoga, exercise, and meditation will help you reduce your stress and face challenges more calmly. These exercises prepare your mind and body to better deal with difficulties.

6- Set small, practical goals: To achieve greater resilience, set small, achievable goals. Achieving these goals will increase your sense of self-confidence and control and motivate you to be more resilient in the face of larger challenges.

7- Accept change as part of life: Life is not always static and unchanging, and flexibility in the face of change is an important part of resilience. By accepting this fact and practicing adapting to new circumstances, you can more easily cope with unforeseen challenges.

8- Pay attention to physical and mental health: To increase resilience, it is necessary to take care of your physical and mental health. Regular exercise, adequate sleep, healthy nutrition, and taking care of your mental health will increase your physical and mental strength to deal with problems.

9- Strengthen mental flexibility: Challenge your mind and get out of your comfort zone. Doing new things, learning new skills, and trying to change old approaches help strengthen resilience. Over time and with continuous practice, these strategies will increase your resilience to problems and allow you to face life with more self-confidence.

Factors Affecting Resilience

Numerous factors affect resilience, including personality traits, life experiences, and social support. The most important factors affecting resilience are listed below:

1- Personality traits: Traits such as flexibility, optimism, self-confidence, and strong determination are among the personality traits that distinguish resilient people from others. People who have a positive attitude and trust in their abilities are better able to resist problems.

2- Social support: Having a network of family, friends, and people on whom a person can rely in difficult times is an important factor in resilience. Social support plays a key role in creating a sense of security and trust in a person and makes them more resistant to problems.

3- Level of self-awareness and self-knowledge: People who are aware of their feelings,

weaknesses, and strengths are better able to control their reactions in challenging situations and use better strategies to solve problems.

4- Problem-solving and decision-making skills:

The ability to solve problems and make logical decisions is a key factor in resilience. People who have these skills seek practical and appropriate solutions when faced with challenges, instead of giving up.

5- Stress management skills: People who know stress management methods such as meditation, deep breathing, and exercise are more relaxed in difficult situations and can better control themselves.

6- Attitude towards failure and defeatism:

People who have a positive view of failure and see it as an opportunity to learn and grow are more resilient to problems and failures. This perspective allows them to benefit from every experience to strengthen themselves.

7- Acceptance of change and mental flexibility:

The ability to accept change as a natural part of life helps people to adapt to new conditions more quickly and be flexible. This mental flexibility allows them to resist insecurities and the unexpected.

8- Life experiences: Facing past hardships and problems can be a valuable experience in strengthening people's resilience. People who have faced and overcome problems in the past are more prepared to face new challenges in the future.

9- Self-efficacy: People who believe in their ability to control events and manage problems feel more empowered and act with more self-confidence when facing challenges.

Factors that hinder resilience

Several factors can hinder resilience and cause people to have more problems when facing challenges and difficulties. The most important factors that can weaken resilience are mentioned below:

1- Negative thoughts and a pessimistic outlook:

People who constantly focus on negative aspects

instead of focusing on solutions and opportunities usually have less resilience. Pessimism can prevent them from finding appropriate solutions and increase feelings of failure and hopelessness.

2- Lack of self-confidence and low self-efficacy:

If a person does not trust their abilities to deal with problems, they are likely to become discouraged earlier than others and show less resilience when facing difficulties.

3- Poor social support: Lack of support from family, friends, and those around them is one of the important factors that reduce resilience. People who feel alone in difficult situations are more vulnerable to despair and stress.

4- Lack of problem-solving and stress management skills:

People who are weak in problem-solving and stress management are more likely to feel helpless in difficult situations. The lack of these skills prevents the person from being able to deal with challenges effectively.

5- Fear of failure and mistakes: If a person is extremely afraid of failure and making mistakes, they may run away from difficult situations instead of trying to solve the problem, or face severe anxiety. This fear prevents the person from seeking to learn and grow from difficult experiences.

6- Inflexible attitude: People who do not accept changes and react negatively to new situations or changing circumstances are more vulnerable to challenges. Inflexibility can prevent a person from adapting to situations and finding new solutions.

7- Poor physical and mental health: Physical and mental health play an important role in resilience. People with physical or mental problems such as anxiety, depression, or chronic fatigue may not be able to cope well with challenges.

8- Lack of purpose and meaning in life: When a person does not have a clear purpose and meaning in life, they are less motivated to cope with problems and become more easily frustrated and helpless. Having a clear purpose can make a person work harder.

9- Traumatic experiences in the past: Negative and traumatic experiences such as losing loved ones, divorce, or major failures in the past may reduce a person's resilience. These experiences can increase a person's fear and anxiety when facing new problems.

10- Lack of self-awareness: People who are not aware of their feelings, thoughts, and abilities cannot face challenges well. Lack of self-awareness prevents the effective use of internal and external resources.

Resilience in crisis situations

Resilience plays a very important role in crises, and resilience can be maintained and even strengthened by implementing the following strategies:

1- Accepting the conditions and reality of the crisis: The first step to resilience in a crisis is to accept reality and not deny it. By accepting the current situation, the mind becomes freer and you can act with greater focus to find solutions.

2- Focus on controllable things: In crisis situations, focus on things you can control and avoid worrying about factors that are beyond your control. This focus on controllable things gives you a greater sense of power and mastery.

3- Break the crisis into smaller steps: Facing a crisis as a big challenge can be stressful. Try to break the crisis into smaller steps and address each part gradually and step by step. This approach will help you feel more successful and in control.

4- Use social support: Lean on others in crises and take advantage of the support of family and friends. This support will not only help you emotionally, but may also help provide new and useful solutions.

5- Stay calm and use relaxation techniques: Staying calm in a crisis is very important. Deep breathing techniques, meditation, and physical exercises such as yoga can help reduce stress and maintain focus, and prepare you to make better decisions.

6- Focus on meaning and purpose: In times of crisis, finding meaning and purpose can help you

be resilient. For example, instead of focusing on the hardships, remember that these challenges can help you learn and grow and make you stronger.

7- Focus on positive past experiences: Reviewing previous experiences in which you have overcome difficulties will help you trust your abilities to get through the crisis and remind yourself that you have managed difficult situations before.

8- Adaptation and flexibility: Crises often require adapting to new circumstances and finding creative solutions. Try to be flexible and have a more open mind to accepting changes.

9- Self-care: Take care of yourself in times of crisis and take proper nutrition, enough sleep, and rest seriously. These cares help maintain your energy and physical and mental health and make you stronger to deal with the crisis.

10- Maintain hope and look to the future: Remember that crises are temporary. By maintaining hope and looking to the future, maintain your motivation to overcome problems and progress.

What is the line between resilience in a path that we have faced failure and going the wrong way?

The line between resilience in a path that we have faced failure and continuing on a path that is wrong is one of the most complex and important decisions that people face in life. This line can be identified according to several factors:

1- Reviewing goals and values: One way to identify this line is to examine whether the chosen path is consistent with your true goals and values. If the path you are on still aligns with your values and gives you motivation and a sense of meaning, these setbacks may be just part of the natural challenges of the path, not an indication that it is wrong. Looking at the reasons for your setbacks can be a good guide. If the setbacks are due to reasons such as lack of planning, lack of resources, or lack of necessary skills, you can get closer to success by strengthening your skills and improving your planning, but if the setbacks are

due to the conflict of the path with the realities of life, uncontrollable circumstances, or a complete mismatch with your goals, it may be a sign that this path is wrong.

2- Experiencing a sense of chronic fatigue and loss of motivation: Resilience gives you the energy and motivation to fight to achieve your goals. If you feel like you have lost your motivation and energy on this path and are continuing simply out of habit or fear of failure, this may be a sign that you need to reconsider your path.

3- Feedback from others and experts: Sometimes the views and feedback you get from others can help you. Friends, colleagues or professional coaches can provide an outside perspective to tell you whether you are on the right track or not. If people close to you are constantly warning that this path is not compatible with your goals or abilities, it is better to pay attention to this feedback.

4- Comparing costs and results: Another way to analyze is whether the costs in terms of time, energy, resources are compatible with the results you are getting or not? If after a long period of effort, you are not making any meaningful progress and this path is generally costing you more than growth, it may be better to change the path.

5- Using small experiments to measure the possibility of change: Before deciding to continue or change the path, you can do small experiments. For example, you might try a small change in your approach or strategy to see if you get better results with minor changes. If these tests don't show improvement, it may be a sign that you're on the wrong path.

6- Accept uncertainty and change direction: Resilience doesn't mean inflexible persistence. Sometimes it's necessary to have the courage to change direction and accept that ending up on the wrong path is a form of resilience and smart choice. Ultimately, resilience doesn't mean continuing on the path in every situation, but it also includes the ability to recognize the right path

and change in time. The line between resilience and fruitless persistence lies in a realistic understanding of the situation, accepting feedback, and being ready to change.

The relationship between resilience and personal development

Resilience and personal development are two interconnected concepts, and strengthening one can lead to improving the other. Resilience, as a vital skill, allows an individual to move forward with greater motivation and perseverance in their personal development and to better deal with potential challenges and obstacles. Below, we will examine the relationship between resilience and personal development:

1- Strengthening self-awareness skills: Resilience helps a person to better understand themselves, to recognize their strengths and weaknesses, and to adjust their personal development plans based on this knowledge. This self-knowledge allows a person to act more intelligently on the path of personal development.

2- Increased self-confidence: Resilient people usually have more self-confidence. Because they have been able to overcome the problems and challenges of life. This self-confidence helps them to walk more confidently on the path of their personal development and to exploit their abilities.

3- Improved problem-solving skills: One of the important characteristics of resilient people is the ability to solve problems. This skill helps a person to find effective solutions and overcome them when faced with obstacles and problems on the path of personal development. This helps to accelerate the process of personal development.

4- Increased resilience: Resilience makes a person more resilient to changes and challenges in life. This resilience allows a person to adapt to unexpected changes in their personal development path and continue to progress.

5- Maintaining motivation and perseverance: Resilience helps a person to maintain their motivation and perseverance in the face of failures and setbacks and continue on their personal

development path. This ability is crucial for achieving long-term goals and sustainable success.

6- Strengthening interpersonal relationships:

Resilience allows a person to create positive and supportive social relationships. These interpersonal relationships can act as sources of support and motivation in the path of personal development and help the person achieve their goals.

Resilience, as a key skill in personal development, plays a significant role and strengthening it can help improve the quality of life, increase self-confidence, improve problem-solving skills and maintain motivation and perseverance in achieving goals. Considering these cases, strengthening tolerance for hardship can be considered one of the most important steps in the path of personal development. Resilience, as an individual's ability to adapt to the challenges, pressures, and adversities of life, plays an important role in achieving success. People with a high level of resilience can cope better with obstacles and temporary failures and use them as an opportunity to learn and grow. This ability helps them not only not to give up when faced with problems, but also to smooth the path to success by using their internal and external resources. Resilience also increases self-confidence and self-efficacy, which are also key elements in achieving success. Success as an ultimate goal requires effort, perseverance, and endurance. People who have a higher tolerance for hardship have a positive outlook on their future when faced with obstacles and problems and can plan appropriately to achieve their goals. These people are able to use their negative experiences as lessons to improve their performance and look at problems with new and creative perspectives. Therefore, resilience can be recognized as a determining factor in personal and professional success. Because a resilient person has a greater ability to deal with adversity and achieve their goals.

Methods and techniques for strengthening resilience

Strengthening resilience allows people to perform better in the face of life's problems and challenges and get closer to their goals. Below, we will examine some effective methods and techniques for strengthening resilience:

1- Strengthening positive thinking: Having a positive attitude towards life and situations can help a person look at problems with more hope and motivation. Trying to see the positive aspects of every situation and focusing on opportunities instead of problems is one way to strengthen resilience.

2- Accepting changes: Changes are a natural part of life, and accepting them can help increase resilience. Practicing acceptance and adaptation to change allows a person to quickly adapt to new situations and find appropriate solutions.

3- Strengthening social relationships: Having strong and supportive social relationships can help a person receive the necessary support in times of crisis. Creating and maintaining positive relationships with family, friends, and colleagues plays an important role in strengthening resilience.

4- Goal setting and planning: Setting specific and realistic goals or objectives and planning to achieve them can help increase resilience. Having short-term and long-term goals and dividing them into smaller steps helps a person to gradually move towards success.

5- Problem-solving practice: Problem-solving skills are a key factor in resilience. Practicing finding creative and effective solutions to problems can help a person to perform better in the face of challenges. Thinking logically and analyzing situations from different perspectives also helps improve this skill.

6- Self-care: Taking care of your physical and mental health can help strengthen resilience. Regular exercise, healthy eating, adequate sleep, and mindfulness and yoga practices help increase your ability to cope with stress and life pressures.

7- Stress management training: Learning and practicing stress management techniques such as

breathing exercises, mindfulness, and relaxation exercises can help a person to manage everyday stress well and increase their resilience.

8- Increased self-awareness: Self-awareness helps a person to become better aware of their strengths and weaknesses and to be able to deal with challenges more effectively. Self-awareness exercises such as journaling, deep thinking, and getting feedback from others can help strengthen this skill.

9- Learning from past experiences: Reviewing and analyzing past experiences and learning from successes and failures can help increase resilience. Reviewing past experiences allows a person to learn from mistakes and perform better when facing similar problems in the future.

Strengthening resilience requires continuous effort and practice. By using the aforementioned techniques and creating positive habits, one can increase tolerance for hardship and act more powerfully when facing life's challenges and problems. Resilience not only helps improve the quality of life, but it can also help a person on the path to achieving greater goals and successes.

Conclusion

Resilience plays a vital role in people's lives and has many importance and benefits that can help improve the quality of life and personal development. Among the most important benefits of resilience are the following:

1- Increased tolerance for hardship: Resilient people are able to manage pressures and stresses well when faced with life's challenges and problems and quickly return to normal.

2- Improved mental health: Resilience makes a person more resistant to psychological and emotional damage and less likely to suffer from anxiety, depression, and other psychological problems.

3- Strengthening self-confidence: Resilience helps people look at life's challenges and obstacles with more confidence and use their abilities to overcome them.

4- Personal and professional development: People who have higher resilience are more successful in their personal and professional development and can cope better with changes and bumps in their growth path.

5- Improved social relationships: Resilient people have the ability to establish and maintain positive relationships with others, which helps create strong and lasting social connections.

6- Increased efficiency and productivity: Resilience enables a person to perform better in critical and stressful situations, and to use their abilities to solve problems and increase their productivity.

Overall, resilience, as one of the key life skills, allows a person to move towards their goals with more motivation and energy and to show greater resistance to problems and challenges.

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