

Being resilient, or 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.

Resilience allows us to manage things in a healthy way and stay or get back on track when we are faced with difficult situations. When we have resilience, it means that we're able to face difficult things and keep moving forward.

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 stressful or traumatic event that happened in the first place.



How Do You Know if You're Resilient?

Everyone is resilient but you can always learn, grow, and strengthen the resilience you have.

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 getting back up, you still have resilience. Being resilient doesn't mean only relying on yourself to get through difficult times but learning to lean on support systems to work through challenges when needed.

Becoming more resilient also doesn't mean you won't experience stress or any other difficult emotions anymore. However, it does mean that while you may experience difficult times in your life, you are able to cope with those situations and get stronger because of them.