



THE MELISSA INSTITUTE

For Violence Prevention and Treatment

FACT SHEET ON RESILIENCE

1. Resilience is a positive adaptation and adjustment to ongoing adversities and the ability to “bounce back”
2. In the aftermath of experiencing traumatic and victimizing events, most individuals are impacted, but some 75% evidence resilience. Some may even go on to demonstrate what has been called “post-traumatic growth.”
3. In contrast, approximately 25% of individuals (depending on the particular traumatic event) will have difficulty adjusting and may develop clinical problems that require some form of treatment.
4. Resilience and trauma responses often coexist, side-by-side. It is not an either/or set of emotional reactions.
5. Individuals may be resilient in one area of their life, but not in other domains of their lives, or resilient at one time period and not at other time periods.
6. As the prominent resilience researcher Ann Masten has observed:
“Resilience does NOT come from rare, special, or extraordinary qualities or processes. Resilience develops from the everyday magic of ordinary resources.”
Resilience is NOT a sign of exceptional strengths, but a fundamental feature of everyday coping skills.
7. Resilience rests fundamentally on relationships. Attachment persons act as regulators of stress and provide a secure base. Significant others provide “social capital,” nurture an adaptive capacity and a sense of security. They help foster a sense of self-efficacy and a sense of control. Hope, optimism, and altruism fuel resilience.
8. Engaging in resilience-engendering behaviors such as accessing assistance (“have to give to get”), forgiveness, gratitude, compassion, exercise, humor, “nature therapy” (sense of awe), spirituality and religion, sleep behavior, each contribute to improved brain functions, and even impact gene expression.
9. Resilience is accessible and available to everyone. Everyone can foster and strengthen their resilience.
10. Ways to bolster resilience can be found on The Melissa Institute website, www.melissainstitute.org, and on roadmaptoresilience.wordpress.com.

For additional information visit our website at www.melissainstitute.org.