

# resilience factors

## 7 main factors could be identified in resilience researches:

**To be optimistic:** Resilient people manage to reinterpret even difficult situations as challenges. This attitude is characterized by a positive self-concept and a good inner connection to important caregivers.

**Accept situation:** A basic requirement for acceptance is being able to differentiate between what can be influenced and what can not. This also means accepting situations as circumstances that you can not change themselves and try to make the best out of them.

**Solutions:** In severe situations, resilient people can direct their energy toward achieving desired outcomes, activating resources in and around them, and, if necessary, creating new solutions. This allows to construct a new reality.

**Self-control:** In different situations, resilient people can calm down or activate themselves and therefore they are able to successfully regulate emotions. They do not remain in victim roles but activate even in aversive situations a minimum of self-effectiveness.

**Responsibility:** Resilient people take responsibility for their thoughts, feelings and actions and can classify them within the context of their sphere of influence. They try to keep a minimum of control over their own lives even in difficult situations.

**Developing contacts and building up relationships:** Even in repressive situations, resilient people know about the importance of good relationships. They try to build and nurture them on the basis of empathy and esteem. As a result, they can create networks and feel part of others.

**Building up the future:** Regardless of the past, resilient people succeed in reviewing their assumptions and habits of thinking and in taking advantage of new opportunities. They take initiative, step by step they take on new tasks and evaluate them again and again. They succeed in controlling their lives and moving away from the ineffectiveness.

Dr. Johanna Hersberger, Master of Advanced Studies in Psychotherapy MAS, lecturer at the Institute for Special Education and Psychology, University of Applied Sciences and Arts FHNW, Basel, Switzerland

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