

RESILIENCE



Dr. Elmira Layegh
Psychiatrist

DEFINITION & MODELS



RESILIENCE:

Capacity of a system to adapt successfully to challenges that threaten the function, survival or future development of the system.

RESILIENCE - the process of handling stress and recovering from trauma or adversity.



WHY IS RESILIENCE IMPORTANT?



Importance:

- 1) It Helps Us Adapt To Hardship.**
- 2) It Protects Our Mental Health.**
- 3) It Can Lead To Self-Discovery.**
- 4) It Improves Problem-Solving Skills.**
- 5) It Helps Us Open Up To Others.**

Norman Garmezy

“Resilience is not necessarily impervious to stress. Rather, resilience is designed to reflect the capacity for recovery and maintained adaptive behavior that may follow initial retreat or incapacity upon initiating a stressful event” (1991)

Ann Masten

Resilient people are the ordinary humans dealing with the challenges and tragedies of everyday real life.

Being resilient does not mean that a person does not have or had experience difficulty or distress; the emotional pain and sadness are common, but the path to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either has or do not. (**ordinary magic**, 2001).

Developmental system theory

(Disease oriented)



Life course health development

(Dynamic health oriented)

Three phases of research:

1- Case studies

2- Studies of explanatory processes

for positive outcomes

3- Intervention research

Protective factors & Risk factors



Protective factors:

The variables that, when present in child's life, correspond to being more resilient and better health outcomes.

SCHOOL AND COMMUNITY

FAMILY AND FRIENDS

INDIVIDUAL



1. Individual Factors:

- Adaptive emotional skills.
- Perception of control and the child's ability to impact one's own life.
- Self-esteem and self-efficacy.
- Having the ability to dream and a sense of purpose in life.
- Social skills and communication skills.
- Empathy.
- Sense of humor.
- Physical health.
- Higher intellectual capacity and cognitive competencies.
- Gender: Girls tend to be more resilient than boys.
- Easy temperament.
- Favorable genes.
- Advantaged socioeconomic status.

2. Family Factors:

- Good parenting.**
- Low family stress.**
- Sound parental mental health.**
- Absence of alcoholism, drug abuse, etc.**
- Sense of safety**

3. Community Factors:

- Support and engagement from extended family members.
- A supportive relationship with a mentor.
- Positive school experiences.
- Safe neighborhood.
- Close community.
- Social support.
- Part of religious or faith community.
- Extracurricular activities.

EXPOSURE DOSE

**ACCUMULATIVE
RISK**

Many studies of resilience have shown that the severity of exposure either to one extremely traumatic event or in the sense of cumulative risk, makes a difference.



Children exposed to six or more RFs are 2/5 times more likely to develop externalizing disorders such as conduct disorder, violent crime and substance abuse.

They are also 1/8 times more likely to develop internalizing disorders that affect children's mental health such as depression and anxiety disorders.

Promotive factors:

Predictor of positive outcome under most conditions, whether risk is low or high. They are characteristics or conditions that buffer the effects of risk, stress, or trauma. Some examples: A skill, personal attribute, or supportive relationship. A community that offers supportive services.

**What is the difference
between protective factors
and promotive factors?**

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Promotive factors make positive outcomes more likely across the board, regardless of risk.

Protective factors make positive outcomes more likely in the face of risk.

Features of resilience:

- 1- Static traits vs dynamic process**
- 2- Extraordinary asset vs ordinary resources**
- 3- fixes vs variable**
- 4- resilience theory vs resiliency theory**

1_static traits vs. dynamic process

Case report:

Hossein was an anxious seven-year-old boy suffering from Selective Mutism as he entered elementary school. After a period of play therapy, he made verbal relationship with his friends, and then a year later, he could manage his parents' divorce and took part in consulting sessions.

2_ Extraordinary assets vs. ordinary resources

Case report:

**Iranian girls who go to school despite
Chemical attacks.**

3_fixes vs. Variables

Case report:

Sara was a nine-year-old girl who dealt with her mother's death grief successfully when she was seven years old, but she faced problems with the death of her cat the next year.

4_ resilience theory vs. resiliency theory

**Most protective factors come from
outside of an individual.**

**Please START EARLY, and don't
forget IT'S A PROCESS.**

Types of Resilience:

- Physical resilience**
- Mental resilience**
- Emotional resilience**
- Social resilience**

Physical Resilience:

Is our body's capacity to meet physical challenges when they arise, such as sickness or accident, to heal or manage ongoing physical health condition.



THE
MIRACLE
WORKER

MIRACLE
WORKER

Mental Resilience:

Refers to our ability to meet challenges and circumstances through problem solving, coming up with viable alternatives, being agile, creative, and flexible with our ideas and thinking.

FEAR



JOY



DISGUST



ANGER



Disney • PIXAR
**INSIDE
OUT**

SADNESS



[facebook/PixarInsideOut](https://www.facebook.com/PixarInsideOut)

Emotional Resilience:

Is how we manage our emotional responses to challenges and deal with our feelings and negative emotions like anger, fear, or sadness.

CHILDREN OF HEAVEN



Social Resilience:

Is all about our connection to others and how we can support each other through difficult times. Community, family, and friendship support.

كفرناحوم
CAPHARNAÛM



PRIX DU JURY
FESTIVAL DE CANNES



LE FILM DE
NADINE LABAKI

ZAIN AL RAHAFI, YOUSSEF ZEIN EDDINE, TRÉASORÉ BAMBOLE

LE 17 OCTOBRE

franceinfo:

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franceinfo:

ZAIN AL RAHAFI, YOUSSEF ZEIN EDDINE, TRÉASORÉ BAMBOLE

شب های بجزر و
گذرندیم و

زنده ایم

ما را چه سخت جانم خود
پیشتر کجا نبود!

زنده ایم