Resilience is the ability to work with adversity in such a way that one comes through it unharmed or even better for the experience.

Resilience means facing life’s difficulties with courage and patience — refusing to give up. It is the quality of character that allows a person or group of people rebound from misfortune, hardships and traumas.

Resilience is rooted in a tenacity of spirit — a determination to embrace all that makes life worth living even in the face of overwhelming odds.

Much of our resilience comes from community — from the relationships that allow us to lean on each other for support when we need it.

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Why resilience? Resilience is the ability to overcome stresses and adversity. Resilience is built through supportive relationships, positive experiences, and learning skills. (maineaces.org)