

Resilience



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.

This Special Message of Resiliency is brought to you by the Maine Resilience Building Network, a collective of individuals and organizations from throughout Maine.

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

