

Dealing with life with resilience and hope

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Abstract

Adversity, loss and trauma are part of life. No one can escape them. People react differently to similar events or circumstances. Some are devastated whereas others react with some degree of resilience. Resilience studies have progressed from describing the phenomenon and characteristics of resilience, to coming to a better understanding of how the process works in people who are capable of a resilient response, to understanding more about where the underlying power or strength comes from that enables people to react to adverse circumstances with resilience. Though some people tend to be more resilient than others, the degree of resilience a person naturally has can be strengthened and nurtured. This paper explores the role of faith and the faith community in strengthening and nurturing resilience and hope.