

Abstract: Resilience is the art of living

Resilience is the capacity to rise above adversity and develop lasting strengths in the process. The two known aspects of resilience are: a belief in oneself and a belief in something larger than oneself. Resilient people know what suffering is, but they keep functioning anyway. Resilience seems to develop out of the challenge to maintain self-regard. It is possible for human beings to feel hurt and rebound at the same time. Resilience is about nature and nurture. Some people have a disposition to be more resilient, but resilience can be cultivated. It is possible to develop a sense of mastery. We can develop resiliency by cultivating a growth mindset, understand the significance of grit, learn from failure, apply discipline, and develop emotional intelligence. That is why resilience is the art of living. M. Scott Peck said: "Life is difficult." With resilience you accept life is difficult and therefore it stops being difficult and it starts to be your uniquely irreplaceable journey.

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