What is Resilience? 
Resilience is the ability to adapt well to adversity, trauma, significant sources of stress. It is "bouncing back" from difficult experiences. Resilience can be learned and developed.

Road to Resilience: Ten Steps to Becoming Resilient
1. Make connections with others
2. Avoid viewing problems as impossible
3. Accept changes as part of life
4. Move toward your goals
5. Take clear actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself

To Bounce Back:
Avoid the Three Ps
1. Personalization—Don’t take things personally that aren’t your fault.
2. Perseverance—Don’t assume that an obstacle in one area means a setback everywhere.
3. Permanence—Don’t believe the sadness or disappointment will last forever.
Promoting Healthy and Meaningful Lives
Foundation
Kentucky Psychological
Promoting Resilience
in Young Children
Positive Relationships and Environments

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