

RESILIENCE

REACH
THE WORLD



FACTORS IN RESILIENCE

Annual Review of Clinical Psychology , 2005

- Supportive Relationships
- Altruism [unselfish service]
- Positive Emotions [cultivating gratitude]
- Cognitive flexibility [reappraisal]
- Humor
- Acceptance
- Role Models
- Healthy Lifestyle [Exercise, Sleep...]
- Religion/Spirituality



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PSYCHOBIOLOGICAL STRESS-RESPONSE

Stresses and Losses of Life

- Hormones released by the hypothalamus (HPA-Axis) in response to stress activate the release of cortisol
- **Sustained release of cortisol leads to:**
 - Hypertension
 - Immunosuppression
 - Cardiovascular disease
 - **Brain:** causes atrophy of neurons and structural changes in the hippocampus and amygdala [limbic system – seat of emotions]



RESILIENCE EQUATION

Stress
(allostatic load)

=

Selective Vulnerability
& Propensity to illness
[mental | physical]

Resilience
Factors



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YouthAlivePortal.org/MentalHealth



COVID19 MENTAL HEALTH INITIATIVE

#COVID19MHI

An initiative supporting mental health among youth and young adults during and after the COVID-19 pandemic.





- In the full light of day, and in hearing of the music of other voices, the caged bird will not sing the song that his master seeks to teach him. He learns a snatch of this, a trill of that, but never a separate and entire melody. But the master covers the cage, and places it where the bird will listen to the one song he is to sing. In the dark, he tries and tries again to sing that song until it is learned, and he breaks forth in perfect melody. Then the bird is brought forth, and ever after he can sing that song in the light.
- Thus, God deals with His children. **He has a song to teach us**, and when we have learned it amid the shadows of affliction, **we can sing it ever afterward.** MH 472