



Search site:

[About Us](#)[Featured Topics](#)[Articles & Information](#)[Find a Psychologist](#)[Request Information](#)[For Reporters](#)[Home](#) » [Featured Topics](#) » [The Road To Resilience](#) » Introduction

The Road To Resilience

Introduction

How do people deal with difficult events that change their lives? The death of a loved one, loss of a job, serious illness, terrorist attacks and other traumatic events: these are all examples of very challenging life experiences. Many people react to such circumstances with a flood of strong emotions and a sense of uncertainty.

Yet people generally adapt well over time to life-changing situations and stressful conditions. What enables them to do so? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps.

This brochure is intended to help readers with taking their own road to resilience. The information within describes resilience and some factors that affect how people deal with hardship. Much of the brochure focuses on developing and using a personal strategy for enhancing resilience.

Next page: [What Is Resilience?](#)

Documents from apahelpcenter.org may be reprinted in their entirety with credit given to the American Psychological Association. Any exceptions to this, including requests to excerpt or paraphrase documents from apahelpcenter.org, must be presented in writing to helping@apa.org and will be considered on a case-by-case basis. Permission for exceptions will be given on a one-time-only basis and must be sought for each additional use of the document.

In This Feature

- [Introduction](#)
- [What Is Resilience](#)
- [Resilience Factors and Strategies](#)
- [10 Ways to Build Resilience](#)
- [Learning From Resilient People](#)
- [Staying Flexible](#)
- [Places To Look For Resilience](#)
- [Continuing On After a Crisis](#)

[Download this feature as a PDF](#)

[Order this brochure](#)

[About this brochure](#)



[Send this article to a friend](#)

© 2004 American Psychological Association | Privacy Policy