

Download Coping And The Challenge Of Resilience

Resilience & Coping: How to cope with setbacks in life and become more resilient. Articles on Theories, Quotes, Activities, Definitions & Measures. Introduction "Resilience and protective factors are the positive counterparts to both vulnerability, which denotes an individual's susceptibility to a disorder, and risk factors, which are biological or psychological hazards that increase the likelihood of a negative developmental outcome in a group of people." Werner & Smith, 1992, p. 3 "People tend to think that coping is managing to keep your head above water. Resilient people are presumably those who can hold their breath longer when the flood rises, but this is just surviving. Sometimes we use coping strategies we know and have used before, at other times we need to ask for help. If you feel lonely or isolated or are going through a difficult time, reach out to someone for support., Coping And The Challenge Of Resilience.

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