WHAT IS RESILIENCY?

“Like the tree whose branches bend and sway in a storm rather than crack under pressure, we have the power to remain flexible and strong amid life's challenges... to be resilient!

Resilience is defined as the process of bouncing back and fully recovering in the face of change and stressful situations. Being resilient doesn't mean a person won't experience difficulty or stress. However, resilient individuals respond to stress in ways that help them not only recover, but grow and thrive.”

from *Transforming Lives through Resilience Education*