



EVOLVING DEFINITIONS OF RESILIENCE:

The [American Psychological Association \(APA\)](#) describes resilience as “the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. This includes family and relationship problems, serious health problems, workplace and [financial stressors.](#)” [What Is Resilience? Definition, Examples, and Tips | Psych Central](#)

Older [research from 2004](#) states that resilience “in the face of loss or potential trauma is more common than is often believed, and that there are multiple and sometimes unexpected pathways to resilience.”

A [2009 research article](#) defines resilience as a process and the term is the “development of competence despite severe or pervasive adversity.”

More recently [in 2018](#), research recognized that resilience, as it relates to trauma and coping, is not well-defined and that its applications should vary based on the individual.

[Resilience](#), defined as the psychological capacity to adapt to stressful circumstances and then bounce back from adverse events, is a highly sought-after personality trait in the modern workplace. [The Dark Side of Resilience \(hbr.org\)](#)

[Resilience](#) is a common psychological term that seemingly everyone uses to describe what it takes to overcome stress, but resilience is something to work toward rather than to strive for. [What Is Resilience? Definition, Examples, and Tips | Psych Central](#)