**Resilience**

**Assaad Mounzer, M.D., MA, ACC**

* **“The ability of an individual to respond to stress in a healthy, adaptive way such that personal goals are achieved at minimal psychological and physical cost; resilient individuals not only bounce back rapidly after challenges but also grow stronger in the process...” (Epstein & Krasner 2013)**
* **Four domains of Resilience:**
* **1. Physical Resilience: maintaining the best possible health.**
* **2. Cognitive Resilience: maintaining focus amid stress. Focus, Insight and Decision-making suffer during excessive stress. Attention training enhances cognitive resilience.**
* **3. Emotional Resilience: Approaching life challenges with a realistic, flexible and balanced disposition.**
* **4. Spiritual Resilience: Ability to maintain a higher meaning and selfless perspective despite facing adversity and disappointments.**
* **Spiritual ingredients of Resilience:**
* **A. Gratitude.**
* **B. Compassion is both the highest spiritual ideal and the highest expression of our humanity. Compassion is the deep desire for ourselves and others to be free from suffering.**

**Out of compassion we can find the strength and wisdom to respond to life’s challenges in healthy and productive ways.**

* **C. Acceptance.**
* **D. Finding Meaning.**
* **E. Forgiveness of Self and others.**

**Gratitude:**

* **1. Gratitude improves your immune system.**
* **2. Gratitude improves your sense of well-being.**
* **3. Gratitude makes you more resilient to stress.**
* **4. Gratitude blocks toxic, negative emotions.**

**Acceptance:**

* **Accepting “What is” means living in the present. It is mindfulness.**
* **It means accept the experience, whatever it is, you do not have to like it or agree with it, and it does not mean you cannot change it.**
* **Letting go of the outcome, does not mean lowering our expectations.**
* **It simply means that you’re not at war with what is, that you’re not fighting with what is.**
* **The everyday things that disturb our Peace represent unresolved issues that, when addressed with Acceptance and Compassion, present opportunities for Healing.**