



The Advantage of the Disadvantaged in Developing Resilience

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What is Resilience?

Based upon an individual's ability to return to psychological equilibrium after experiencing struggle, pain, or adversity in their environment. (Seery, et al., 2010).

The necessary ingredient which allows an individual to withstand hardship and adversity while also thriving within it.

Why We need Resilience

Hardship is an inescapable human experience.

Those with a high level of internal resiliency feel more equipped to overcome stress in the future ((Kwot, Wong, & Lee, 2014)).

live with less fear of the unknown because they feel equipped to handle what may come.

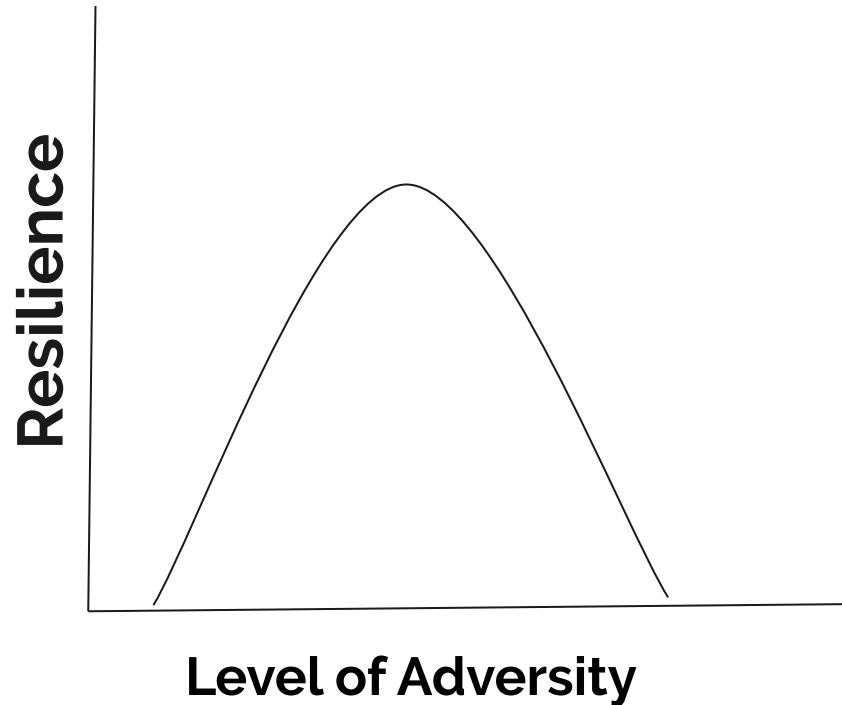
Decreased stress and higher overall quality of life ((Kwot, Wong, & Lee, 2014)).

Contributing Factors to the Development of Resilience

- Adversity is to the development of resilience as the weightroom is to the development of muscle in the body.
- Adverse experiences, though unpleasant, create an opportunity for an increase in psychological capital.
- important to have support that tempers the adverse circumstances so the individual does not get too overwhelmed.



According to the research conducted by Seery, Holman, & Silver (2010), complete sheltering from stressors and too much exposure to stressors both lead to a lack of resilience.



Types of Adversity - Poverty and Trauma



01

Understanding and promoting resilience in the context of ACE's

with proper intervention, children can develop resilience through adversity that will help them to cope later in life. (Sciaraffa, Zeanah & Zeanah, 2018).

02

Brain Plasticity and Resilience

- Neural Pathways in the brain influenced by environment (Kaas, 2001).
- Prolonged emotional response → well -worn pathway (Moore, personal communication, March 10, 2020).

03

Basic Facts about Low Income Children

- Factors distinguishing low-income and poor children in from their less disadvantaged.
- Highlights prevalence and links between childhood adversity and trauma (Jiang, Granja, & Koball, 2017).

Moderating Factors - Social Support & Spirituality

01

"Exploring the Interaction of Trauma and Spirituality"

Individuals possessing a strong sense of spirituality are less likely to experience lasting negative repercussions of adverse circumstances (Smith, 2004).

02

Stress Spillover, African American Couple's and Health Outcomes


Confidence in marital relationships serves as a buffer against negative psychological effects of financial insecurity ((Barton, Beach, Bryant, Lavner, & Brody, 2018).

03


Protective Factors for Youth Confronting Economic Hardship

Social support served as a significant buffer against negative effects of poverty and low income upbringing in children (Hostinar, & Miller 2019).

Societal Implications



Society would benefit from reframing how we see hardship and adversity by viewing it as a growth opportunity rather than something to avoid.



Shift focus from an attempt to shield from adversity to empowering each other to grow within it → necessary for personal growth.

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