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**Factors That Promote Resilience**

The Corona Pandemic has disrupted much of one’s daily living, placing undo hardship in many areas of our lives to include: social isolation, separation, loss of freedoms, fear, anger, frustration, anxiety, boredom, feelings of helplessness, hopelessness, etc. (Polizzi, Lynn & Perry, 2020). A recent article in the Washington Post suggests that a wave of mental health problems such as depression, anxiety, and post-traumatic stress is fast approaching due to the effects of the pandemic. In fact, according to the Kaiser Foundation, nearly half of Americans polled, report that the pandemic is harming their mental health. In light of these worrisome situations, there is some research that offers some pathways to resilience and recovery.

Psychological resilience refers to the process of coping with or overcoming exposure to adversity or stress. With regard to mental health interventions, psychological resilience is more than an individual personality trait—it is a process involving interaction among an individual, that individual’s life experiences, and current life context (Meredith et al., 2011). In short, resilience is the capacity to adapt successfully in the presence of risk and adversity (Jensen and Fraser, 2005). Adaptation to risk and adversity is dependent on many factors. The list below are some of the key factors in one’s ability to navigate hardships in daily living.

**Individual-Level Factors**

• Positive coping. The process of managing taxing circumstances, expending effort to solve personal and interpersonal problems, and seeking to reduce or tolerate stress or conflict, including active/pragmatic, problem-focused, and spiritual1 approaches to coping

• Positive affect. Feeling enthusiastic, active, and alert, including having positive emotions, optimism, a sense of humor (ability to have humor under stress or when challenged), hope, and flexibility about change

• Positive thinking. Information processing, applying knowledge, and changing preferences through restructuring, positive reframing, making sense out of a situation, flexibility, reappraisal, refocusing, having positive outcome expectations, a positive outlook, and psychological preparation

• Realism. Realistic mastery of the possible, having realistic outcome expectations, self-esteem and self-worth, confidence, self-efficacy, perceived control, and acceptance of what is beyond control or cannot be changed

• Behavioral control. The process of monitoring, evaluating, and modifying emotional reactions to accomplish a goal (i.e., self-regulation, self-management, self-enhancement

• Physical fitness. Bodily ability to function efficiently and effectively in life domains

• Altruism. Selfless concern for the welfare of others, motivation to help without reward

**Family-Level Factors**

• Emotional ties. Emotional bonding among family members, including shared recreation and leisure time

• Communication. The exchange of thoughts, opinions, or information, including problem-solving and relationship management

• Support. Perceiving that comfort is available from (and can be provided to) others, including emotional, tangible, instrumental, informational, and spiritual support • Closeness. Love, intimacy, attachment

• Adaptability. Ease of adapting to changes associated with aviation life, including flexible roles within the family

**Community-Level Factors**

• Belongingness. Integration, friendships, including participation in spiritual/ faith-based organizations, protocols, ceremonies, social services, schools, and so on.

• Cohesion. The bonds that bring people together in the community, including shared values and interpersonal belonging

• Connectedness. The quality and number of connections with other people in the community; includes connections with a place or people of that place; aspects include commitment, structure, roles, responsibility, and communication

• Collective efficacy. Group members’ perceptions of the ability of the group to work together

In short, these key factors, individual, family and community have been found extremely helpful in dealing with adversity and risk, especially during the ongoing Corona pandemic. As always, if you or someone you know needs “extra help”, please call CAMH at 817-658-9290.

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**References**

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