



# Resilience

means the personal and community **qualities** that **enable us to rebound from adversity, trauma, tragedy, threats, or other stresses - and to go on with life with a sense of mastery, competence, and hope.**

We now understand from research that **resilience is fostered by a positive childhood and includes positive individual traits, such as optimism, good problem-solving skills, and treatments.**

**Closely knit communities and neighborhoods are also resilient, providing supports for their members.**

**President's New Freedom Commission, 2003**