



Resilience



Studies in resilience began long before the rise of positive psychology. From the sixties and seventies, researchers observed that children in difficult conditions as poverty, dysfunctional families, mental illnesses, there was a large number of children who did not develop as expected.

Comments indicated that there were young people resistant to stress or “invulnerable”; later this idea was refuted, as it was recognized that everybody can be vulnerable and can reach a point where we need time to recover. The interest remain to discover what drives people to move forward against the odds.

Everybody can
be **vulnerable**
and can reach a
point where we
need time to
recover.