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## The Understanding Of Resilience To Me

Base of my understanding being resilience sound like having a high self esteem and confidence in your self such as finding a problem solving skill So that if a crisis should emerge people will be resilience and will b able to spot out a solution that will lead them to a safer outcome that can help them to bounce back form there difficult times such as Example: **Poverty,Stress,Natural disasters and Frustration.**

Resilience Feels like to me once you are ASSERTIVE you can always pick up back from your difficult times once u maintain that self-confidence However somethings that we may be having difficult times with we don't have control over them while some we have control over. We can make some Simple steps that can help us to get up back on our feets Examples: **planning your next step or move in your life,making power points that you can cope with or the goals you wish to accomplish in the future.**

Resilience Looks like having a sense of control over your life. While we may be able to put some blame on external causes, it is important to feel as if we have the power to make choices that will affect our situation, it is important to have people that can offer support. Talking about the challenges you are facing can be an excellent way to gain perspective, look for new solutions, or simply express your emotions. Friends, family members, co-workers, and online support groups can all be potential sources of social However looking at Resilience is a part of being patient,calm and confident that you can bounce back from a tragic incident that you have being through in your life and that we can overcome everything that we have being through in our difficult times.