

RESILIENCE

Means the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats, or other stresses—and 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.

New Freedom Commission, 2003

