Section B

Definitions
Resilience Defined

- **Resilience**: a dynamic process whereby individuals display positive adaption despite experiences of significant adversity or trauma (Luther and Craccetti, 2000)
Vulnerability and Protection

- **Vulnerability**: a state which results from the presence of factors (neurodevelopmental, familial, environmental) that increase the odds of maladaptive behaviors occurring

- **Protection**: results from the presence of factors that diminish negative outcomes and increase the odds of positive adaption
**Stress**

- **Stress**: state where the well-being (or integrity) of an individual is endangered and he must devote all his attention to its protection (Cofer and Appley, 1964)
Stress Demands Response

• Four stages of stress response
  - Problem confrontation
  - **Tension**: the inner response to problem confrontation
  - **Tension management**: the speed with which problems are confronted and resolved
  - **Stress**: the state in which energy is consumed in dealing with problems above the energy required for a resolution (Antonovsky, 1979)