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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)