

# Mental Wellness

## The Evolution of Resiliency Factors

### What Is Resilience (Protective Factors)?

Resilience is the capacity of individuals to overcome and bounce back from significant adversity and trauma in our lives. It allows us to come out stronger on the other side, not broken by the adversity.



**Joseph White Jr., PhD**  
1932-2017



**Dr. Carl C. Bell**  
1947-2019



**MEE Productions Inc.**

The Seven Psychological Strengths	The Seven Protective Factors	MEE's Thriving Coping Strategies for Millenials
Emotional Vitality	Calming (Minimization of the Effects of Trauma)	Take Care of Self / Take Care of Others
Sense of Humor	Self-Esteem	Sense of Self (Self-Esteem)
Improvisation	Adult Protective Shield	Improvisation
Connectedness to Others	Strong Village / Social Fabric	Connectedness to Positive People, Places and Things To Do
Resilience	Social and Emotional Skills	Having a Plan & Plan B
Spirituality	Connectedness to a Larger Group or Goal	Higher Purpose
Healthy Suspicion of Institutions	Access to Ancient & Modern Technology	Navigating Systems

Resilience can help inoculate you against mental illness. If you do "fall down," resilience helps you recover faster. Some traumatic events call for turning to a professional like a therapist or counselor for treatment. The protective factors above can help BMOC strengthen their resilience and keep on going during the hard times.