

Resilience

Shared Understandings

Here are some shared understandings of ‘resilience’ curated through our Living Glossary workshops with our community of practice. These can be used as starting points in your work and projects.

Resilience is:

- 1) The ability to function in response to change
- 2) Responding to change or challenge in a way that allows a positive response to future change
- 3) The capacity and capability to respond to and recover from change
- 4) The ability to respond with inner strength and hope to change
- 5) A positive response to adversity which builds strength for a better future and adapts to future change
- 6) When things are difficult and stressful, instead of giving up, you try to understand what’s causing the problem and find a way to deal with it. Resilience is staying strong, looking for solutions and moving forward even when things aren’t easy

Further Reading

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- Masselink, G., & Lazarus, E. D. (2019). Defining Coastal Resilience. *Water*, 11(12), 2587.
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Etymology

Resilience stems from the **Latin** *resilient-* (from *resiliēns*), the present participle of *resilīre*, which means ‘to recoil’ or ‘to spring back’. This verb itself is formed from *re-* (‘back’) + *salīre* (‘to leap’). In **English**, resilient first appeared in the mid-17th century, initially denoting the physical ability to spring back or return to an original shape and later expanding into figurative usage describing emotional or psychological rebound. (Source: Oxford English Dictionary)