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Cultivating mental health resilience in people not equipped with the perceived physiology of human resilience

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Human Resilience is the psychological ability enabled by behavioural coping abilities to manage and overcome stress. Humans have phases, events and occurrences in their lives which brings them immense pain, trauma, loss and abuse. The ability to progress with normal functionality with minimal disturbance and a positive outlook is the pillar of resilience. Yet, not every human has shown resilience in times of adversity. What sets the truly resilient humans apart from the others? Is resilience an in-built aspect present physiologically in some people or is it a cognitive function which can be cultivated to aid more people in dealing with adversity and trauma. The author argues on the cultivation and building of resilience in those who have previously broken down and been unable to show resilience when faces with calamity. The author draws parallel between environmental factors, societal conditioning and inner psychology that can affect resilience in individuals.

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