

A Correlation Between Resilience and Positive Mental Health

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ABSTRACT

Life is not always the way we want it to be. It is often like an adventurous roller coaster ride—sometimes in our favor and sometimes completely against us. To cope with situations and adapt to them, we need to build high resilience. Positive mental health and resilience are two sides of the same coin. If an individual has positive mental health or a positive outlook, they naturally develop high resilience. Conversely, an individual with low resilience is likely to experience poor mental health and may even face life-threatening disorders. In this article, we have shedded light on the correlation between resilience and positive mental health, the drawbacks of poor resilience, and the benefits of high resilience.

Keywords: Resilience, positive mental health

In today's fast-paced world, the accessibility to limitless opportunities and resources has made growth more attainable than ever before. However, it is vital to understand that rapid growth often comes with inherent risks, particularly when it lacks a solid foundation or is driven by unsustainable methods. The faster success is achieved, the higher the likelihood of an equally swift decline. This phenomenon can be observed in various fields, from business to personal branding, where the pressure to scale quickly can lead to vulnerabilities.

To illustrate, consider the realm of social media. While the overarching concept of rapid growth applies broadly, a specific example lies in achieving high visibility or reach by leveraging misguided or controversial content. This type of content may initially captivate a large audience, resulting in exponential growth. Yet, the same audience that once contributed to the individual's rise may turn into a source of criticism and negativity, especially if the content is perceived as inauthentic or unethical. This can lead to trolling, public backlash, and an eventual decline in reputation. Thus, the example highlights the fragility of unsustainable success and serves as a cautionary tale about the risks of prioritizing rapid growth over long-term credibility.

To navigate such volatile circumstances, it is crucial to develop a strong sense of resilience. Resilience acts as a protective shield, enabling individuals to cope with challenges, setbacks, and negative external influences. By cultivating this trait, one can maintain emotional

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balance and preserve positive mental health, even in the face of adversity. In this era of constant scrutiny and rapid changes, resilience is a vital tool for enduring challenges and sustaining long-term success.

There are definitions of resilience and positive mental health stated by the authors:

Definition of resilience

According to Dr. George Bonanno:

“Resilience is the capacity to maintain healthy functioning and psychological well being in the face of stress and trauma, often without significant intervention.”

Definitions of positive mental health

According to Marie Jahoda:

“Positive mental health can be viewed as an enduring personality characteristic or as a less permanent function of personality and the social situation.”

Let us understand the meaning of the terms respectively:

Meaning of the resilience:

Resilience is the capacity to withstand and adapt to difficult situations, bouncing back from setbacks or hardships. It reflects emotional strength, problem-solving abilities, and the flexibility to navigate challenges. Resilient individuals leverage inner strengths and external support to maintain stability and grow positively despite adversity or significant life changes.

Meaning of positive mental health

Positive mental health refers to a state of well-being in which individuals can cope effectively with life’s challenges, work productively, and contribute to their communities. It involves emotional stability, psychological resilience, strong relationships, and the ability to experience joy, purpose, and fulfilment in daily life. Positive mental health fosters personal growth, adaptive coping strategies, and a balanced outlook on life.

Let us discuss the characteristics of the terms used

Resilient people have these characteristics:

- Aware of their emotions, the situations they are in, and the behaviour of others
- Able to see the positive side of the situation
- They don’t give up easily and fight for what they believe in
- They have emotional intelligence and regulation
- They reach to others for support
- They are flexible
- They know how to grieve losses
- They practice healthy disciplines

People with positive mental health have these characteristics:

- They feel calm and can manage emotions
- They are generally optimistic about the future
- They have positive relationships with others and good communication skills.
- They feel their life is valuable and worthwhile.
- They appreciate every experience even if it is not exciting or elegant.
- They can cope with stress and adversity, and quickly recover from setbacks.
- They have a high self-concept.

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Resilience and Positive mental health

In today's era, cardiovascular diseases and suicide rates have escalated to concerning levels. Once predominantly associated with older adults, these health issues now significantly affect younger age groups. Conditions like heart attacks and cardiac arrests, previously common in individuals aged 50 to 65, are increasingly being diagnosed in those aged 18 to 35. This alarming trend calls for a deeper investigation into its underlying causes. While biological factors are well-known contributors to these conditions, psychological factors also play a crucial role and warrant further attention.

The biological contributors to cardiovascular diseases are extensively documented. They include high cholesterol, tobacco use, obesity, and a sedentary lifestyle. These factors physically deteriorate the body, leading to complications in the cardiovascular system. For example, tobacco use increases the risk of plaque accumulation in arteries, while obesity strains the heart, elevating blood pressure and leading to other health problems. Similarly, a lack of physical activity weakens overall cardiovascular fitness, impairing the heart's ability to function effectively. While addressing these biological aspects is essential, they represent just one facet of the problem.

But what most people never focus on are psychological factors, such as anxiety, depression, and post-traumatic stress disorder (PTSD), which have a notable impact on cardiovascular health. These mental health issues often result from chronic stress and unresolved emotional challenges, which can disrupt the body's physiological systems. For instance, chronic anxiety elevates cortisol levels, a stress hormone linked to increased blood pressure and heart disease. Depression can influence lifestyle choices, leading individuals to overeat, smoke, or neglect physical exercise. PTSD, characterized by intense psychological and emotional distress following trauma, can disrupt normal bodily functions and cause long-term health issues.

A critical element underlying these psychological challenges is poor resilience. Resilience refers to an individual's ability to adapt to adversity, recover from stress, and maintain stability during challenges. Unfortunately, many people today struggle with low resilience, making them more vulnerable to mental health disorders and, consequently, physical illnesses. Without resilience, even minor difficulties can feel insurmountable, triggering a chain reaction that affects various aspects of life. Low resilience amplifies feelings of helplessness, anxiety, and depression, contributing to poor mental and physical health outcomes.

Developing resilience is vital for sustaining mental and physical well-being. It serves as a protective barrier against life's adversities, allowing individuals to face challenges without succumbing to stress or despair. A resilient individual is more likely to adopt problem-solving approaches, seek social support, and maintain optimism in difficult situations. These coping strategies help mitigate the effects of stress, reducing the risk of severe mental health issues. Conversely, individuals with low resilience often find it difficult to process emotions, leading to prolonged stress and a higher likelihood of developing mental health disorders.

Resilience and positive mental health are deeply interconnected and mutually reinforcing. Cultivating resilience equips individuals to maintain a positive outlook, even during tough times. This positivity, in turn, strengthens mental health, creating a cycle of emotional well-being. However, neglecting resilience can lead to a downward spiral, where stress and negativity dominate, making it harder to achieve balance and satisfaction. In today's high-

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pressure world, building resilience is no longer optional—it is a necessity. Without it, individuals risk their mental and physical health, as well as their productivity and quality of life.

The need for resilience is even more evident when examining the unique pressures faced by younger generations. Growing competition, the pervasive influence of social media, and the relentless pressure to achieve perfection have created an environment rife with stress and anxiety. These external pressures, coupled with internal struggles, often erode mental health, making even minor setbacks difficult to handle. In this context, resilience acts as a safeguard, enabling individuals to navigate life's challenges while maintaining their goals and well-being.

Building resilience involves a comprehensive approach that considers both physical and mental health. Regular physical activity, for instance, enhances cardiovascular fitness while releasing endorphins, natural chemicals that boost mood. A balanced diet rich in nutrients provides the energy and focus needed to tackle challenges effectively. Alongside physical health, fostering resilience also requires attention to emotional and psychological well-being. Mindfulness practices, such as meditation and journaling, can help individuals process emotions and develop healthier coping mechanisms. Therapy, too, plays a significant role in building resilience by providing insights and strategies for emotional growth.

Another crucial component of resilience is maintaining strong social connections. Having a reliable network of friends, family, or mentors can offer encouragement and perspective during tough times. Sharing experiences with trusted individuals not only eases the emotional burden but also reinforces the understanding that no one is alone in their struggles. Seeking professional help when needed should be normalized, as therapists and counsellors can provide valuable tools for building resilience and preserving mental health.

Cultivating a growth mindset is equally important in enhancing resilience. A growth mindset encourages individuals to view challenges as opportunities for self-improvement rather than insurmountable obstacles. Reframing setbacks in this way fosters self-confidence and a sense of control over one's life. This perspective shift significantly strengthens resilience, enabling individuals to face life with optimism and determination. Practices such as expressing gratitude and focusing on life's positive aspects can further build emotional resilience, making it easier to recover from adversity.

Incorporating these strategies into everyday life demands consistency and dedication, but the benefits are profound. Resilient individuals are better equipped to manage stress, maintain a positive outlook, and avoid mental health conditions that often lead to physical illnesses. They are also more likely to lead productive, fulfilling lives, contributing positively to their communities and achieving personal and professional success.

On a broader scale, society must acknowledge the importance of resilience and mental health. Employers, educators, and policymakers have a pivotal role in fostering environments that prioritize emotional well-being. Workplaces can implement stress management programs and promote a healthy work-life balance. Schools can incorporate lessons on emotional intelligence and coping strategies into their curriculum. Public health campaigns can raise awareness about resilience and mental health, providing resources for those in need.

CONCLUSION

To finalize the article, we would like to Sum up the topics discussed above which shows that resilience and positive mental health are very important aspects of our lives in the world today and are deeply correlated. As stated above if an individual builds high resilience he/she will naturally have a positive mental health which makes them to keep a optimistic approach for the life situations and makes it easier for them to cope up in adverse circumstances. A person can build a high resilience by practicing yoga, meditation, having a balanced diet, staying in a positive environment and following discipline.

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Conflict of Interest

The author(s) declared no conflict of interest.

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