



A Bumpy Road to Resilience: How far can you make it?

Vaishnavi Sridharan

Loughborough University, UK

Abstract:

In this world of high performance, setbacks are inevitable. The defining factor is how quickly one bounces back and views setbacks as an opportunity for growth. According to Olympians and business leaders sustaining elite level performance and well-being requires one to be optimistic, resilient, have high self-efficacy and confidence. Every individual has a way of coping with setbacks which they have learned through experience and the reinforcements received for this, helps them form a coping style. Fletcher and Sarkar recently defined psychological resilience as “the role of mental processes and behavior in promoting personal assets and protecting an individual from the potential negative effect of stressors” (2012, p. 675; 2013, p. 16). Research has shown that resilience can be shaped over the course of an individual’s life. Fixed aspects of resilience relate to an individual’s personality trait whereas changeable aspects would be the one caused due to interactions with the environment (Sarkar & Fletcher, 2017). Resilience training in employees has shown a positive effect on subjective well-being and performance outcomes such as decrease in symptoms of depression, stress, anxiety, negative affect. It increases emotional well-being, goal achievement, productivity, quality of life and reaching behavioural benchmarks like emotional control, communication, improved tactic. Based on the neuroscientific research on resilience, it is found that to cope with stressors, resilient individuals not only have moderating effects of absence of key molecular abnormalities which impairs their coping ability, but also by the presence of novel molecular adaptations which occur uniquely in them (Russo, Murrugh, Han, Charney, Nestler, 2012).

Biography:

Vaishnavi Sridharan, student at Loughborough University, studying sport and exercise psychology. She has com-



pleted her M.A in Counselling Psychology from University of Mumbai where she worked on a project related to resilience. She has presented at the 8th Congress of Asia South Pacific Association of Applied Sport Psychology, 2018 in Daegu, South Korea. She was Assistant Professor at Dept of Forensic Psychology, Institute of Forensic Science, Mumbai. She has conducted various workshops on topics such as skill building, becoming a resilient individual, self confidence the key to success, and so on with children and adults from underprivileged sections in Mumbai. For the past few years, her efforts have been focused on improving well-being, resilience and skills among them.

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