



Resilience: An Integrated Review

Lisa Morelli Daly

Binghamton University, USA

Abstract:

Resilience is a phenomenon discussed by scholars in many disciplines; it holds similar definitions across the human, social, and physical sciences. It is important to understand the phenomenon from a variety of disciplines. Therefore, the author of this article reviews the existing literature on resilience from the disciplines of psychology, sociology, philosophy, education, and nursing. The three themes that emerged from a thorough review of the existing literature were (a) hardiness strengthens the ability to harness resources, (b) regulatory flexibility fosters positive functioning, and (c) challenges enhance the ability to rebound.



Biography:

Lisa Moreli Daly is the Director of Behavioral Health NEPA Community Health Care, NY, USA.

12th Worldwide Forum on Mental Health & Psychiatry; Rome, Italy; August 19-20, 2020

Citation: Lisa Morelli Daly; Resilience: An Integrated Review; Mental Health Congress 2020; Rome, Italy; August 19-20, 2020