

Resilience

Some people are like dandelions in concrete.
Where others give up, they grow.
What characterises them is a high level of resilience.
The various aspects of resilience can be strengthened
with the help of Peter Hess® sound methods.



Resilience Latin resiliere: to bounce back, rebound, not cling to

- The term resilience comes from the world of physics and technology. It is the property of certain materials that return to their original state after an impact or other external influence (for example, the elasticity of a rubber band).
- Resilience is the ability to recover from challenges and setbacks and even emerge stronger. Among other things, it is based on inner strength, adaptability and the ability to see difficulties as opportunities for personal growth.
- Viktor Frankl (neurologist and psychiatrist) emphasised the importance of finding meaning and an inner attitude in the development of resilience.
- By focussing on values and goals, people can find hope and strength even in the most difficult situations.

*‘There is a space between stimulus and response. In this space
lies our power to choose our reaction.*

In our reaction lies our development and our freedom.’

Viktor Frankl



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Source: (in German)

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Foto: Nesrin Öztürk/www.pexels.com

Note: We are part of the OMW network (in German):

<https://omw.hdz-nrw.de/omw-netzwerk.html>



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