

OCYF Trauma Team Tip Sheet

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The OCYF Trauma Team would like to announce updates have been made to the DHS/OCYF webpage at [OCYF Trauma-Informed Care \(TIC\) | Department of Human Services | Commonwealth of Pennsylvania](#). If you have suggestions for improvement or content, please reach out and let us know.

What is Resilience?

Resilience is the capacity to endure, adapt to, and recover from adversity and stress. This can manifest as either returning to one's former state or evolving into a more developed self in response to the challenges.

Types of resilience



Emotional resilience is the ability for one to adapt without lasting effects.

Physical resilience is the body's capacity to maintain energy and strength while recovering swiftly. More specifically, it refers to a person's ability to function and recuperate when confronted with illness, accidents, or other physical challenges.

Social resilience refers to the ability of individuals and groups—such as families, communities, countries, and enterprises—to be more innovative and collaborative during stable times, and to adapt, reorganize, and grow in response to disruptions.

Mental resilience is the ability to adapt to life's challenges despite social disadvantages or highly adverse conditions.

Community resilience is the ongoing capacity of communities to endure, adapt to, and recover from adversity. A key aspect of overall resilience is health, encompassing physical, behavioral, social, and environmental well-being.

[Resilience: Meaning, Types, Causes, and How to Develop It \(verywellmind.com\)](https://www.verywellmind.com/resilience-meaning-types-causes-and-how-to-develop-it/)



Qualities of Resilience

[Cornell Health \(pinterest.com\)](#)



A Key Indicator of Workplace Resilience

Strong Connections – Resilient employees cultivate strong relationships with their colleagues. While these work relationships are crucial, it's equally important to develop personal connections for guidance and support outside of work. A resilient worker nurtures these bonds through effective communication, active listening, building trust, and fostering connections beyond the workplace.

How can resilience be fostered?

Positivity – Cultivating an attitude of gratitude can make a significant difference. By recognizing negative emotions and consciously shifting towards a more positive outlook, you can gain a sense of control over your work environment.

Emotional Intelligence – Being self-aware and in tune with your emotions provides valuable insights into your reactions and behaviors. This awareness can help you understand the underlying causes of your feelings and respond more effectively.

[Resilience in the Workplace: How to Be Resilient at Work](#)



Activity: How many pumpkins can you find on the Tip Sheet? We will share with you this answer next month. Happy fall y'all