

Resilience is important. Discuss.

Resilience, as defined by the Macmillan dictionary, is the ability to become strong, happy and healthy after illness or misfortune. It is an important ingredient for an enjoyable life.

Being resilient can lead to a healthier and happier mind, supporting good mental health. According to *Kids Matter*¹, almost 50% of mental health problems start under the age of 14, with 1 in 7 primary school children affected. Helping students develop resilience improves their mental wellbeing.

Thinking positively and bouncing back from setbacks can lead to more achievements. Combining a positive attitude and a growth mindset can result in better marks at school, learning new skills and overall happiness. Michael Jordan, a highly successful basketball player, notes “I’ve failed over and over again and that is why I succeed.” It is important to be resilient in order to grow from misfortunes and try again. People who consider failures and challenges as opportunities to improve can achieve more in life.

Resilience is important in social situations. Resilience is also important in forming and maintaining friendships. After a disagreement with friends, people who can move on quickly and overcome differences of opinion are happier. Resilient people are generally happier and therefore more fun to be around. Resilience is important because it helps friendships.

Resilience is important. It is inevitable that people will experience challenging times throughout their life. How people react to misfortunes impacts on their mental health. Developing resiliency helps people to enjoy a happier and healthier life.

Word Count: 246 words

1. Kids Matter website. <https://www.kidsmatter.edu.au/media/facts-and-figures>