The 'ART' of Resilience: Acknowledging, Recognizing and Tailoring Resources to Challenges

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Abstract

The 'ART' of Resilience: Acknowledging, Recognizing, and Tailoring Resources to Challenges" provides a comprehensive exploration of psychological resilience. It delves into the complexity of resilience as more than just the ability to 'bounce back' from adversity, emphasizing it as a dynamic process that involves acknowledging challenges, recognizing coping resources, and tailoring these resources to meet specific challenges. The manuscript highlights the integration of the ART framework with established resilience models like the SIX Cs of Psychological First Aid and the Conservation of Resources theory, showcasing its versatility and applicability in various contexts for both immediate and long-term resilience building. This innovative approach offers a new perspective on resilience, advocating for a standardized, practical framework that can guide individuals and communities in effectively navigating and thriving through life's challenges.

Background

Psychological resilience, the ability to adapt and flourish in the face of adversity, has been a subject of extensive research from diverse perspectives (Joyce et al, 2018), leading to a multiplicity of definitions, conceptualizations and consequently to variation in methods and findings (Denckla et al. 2020; Masten & Cicchetti, 2016; Southwick et al., 2014). Despite wide discrepancies and scholar debates (Ayed et al., 2019; Vella & Pai, 2019), most conceptualizations indicate that resilience is comprised of exposure to significant adversity ranging from ongoing daily hassles to major life events and a manifestation of positive adaptation (Fletcher & Sarkar, 2013; Masten, 2015; Rutter, 2006; Stainton et al., 2019).

Resilience is often defined as the capacity to "bounce back" from challenging circumstances and is considered to be the common response to adversity, as opposed to other trajectories such as recovery, which is characterized by a gradual return to baseline adjustment (Bonanno, 2004, 2005; Bonanno & Diminich, 2013). Earlier studies on resilience focused on attributes leading to better adaptation and on the processes that enable it, followed by an expansion of the concept beyond the individual level to multiple social ecological environments as well as resilience processes across space and time (Masten et al., 2021; Shevell & Denov, 2021).

Over the years, a debate revolved around the conceptualization of resilience as a characteristic or a process (Leys et al., 2020; Windle, 2011). As a characteristic, resilience refers to the constellation of personal and social resources an individual possesses that enable individuals to adapt to adverse circumstances (Ayed et al., 2019). Along this line of conceptualization follows the question of trait versus state: Is resilience a trait in that it is heritable, stable over time with distinctive qualities of personality, for example the big five personality traits, or is it a state in that it is a human potential like efficacy and hope, which are relatively flexible and adaptive to social-ecological contexts (Luthans et al., 2007)?

Prince-Embury (2014) suggested that the main personal characteristics that lead to resilient outcomes are intellectual ability, easy temperament, autonomy, self-reliance, communication skills, and effective coping strategies. Also, positive psychology, defined as the study of positive subjective experience (Seligman & Csikszentmihalyi, 2014) introduced a strengths-based approach, emphasizing virtues such as optimism and self-esteem as pivotal factors aiding individuals in coping with adversity. This shift accentuated the role of personal

strengths and virtues in fostering resilience (Hogan, 2020). From a developmental perspective, a prominent personal characteristic related to resilience is the quality of attachment (Holmes, 2017). The literature indicates to the role of early life experiences and attachment in shaping resilience, highlighting the significance of secure attachment in overcoming adversity and positive adaptation, two of the cornerstones in resilience (Rasmussen et al., 2019). Nevertheless, Internal and external factors (e.g., affect regulation, stable relationships) which are shaped by early experiences with caregivers also play a significant role in the development of resilience (Atwool, 2006).

A different approach was taken by researchers conceptualizing resilience as a process, emphasizing it's dynamic nature rather than as a fix and stable personality characteristic (Luthar et al., 2000, Rutter, 2012). As a dynamic process resilience may change across situations and at different points in time (Curtis & Cicchetti, 2007; Luthar et al., 2000). Commonly, resilience process is illustrated as a trajectory of bouncing back from adversity which imply that the individual has been negatively affected by the adversity temporarily followed by a return to previous level of functioning (Kalisch et al., 2015; Stotland et al.,2008). Nonetheless, over the years other trajectories of post adversity were depicted by different researchers. For example, Bonanno et al. (2015) differentiate between emergent resilience which follows a chronic aversive event and minimal-impact resilience following acute aversive events.

From the perspective of resilience as a process, individuals develop and utilize assets and resources that promote positive outcomes in the face of adversity (Masten, 2014; Métais et al., 2022; Ungar, 2011; van Breda, 2018). An asset is a personality characteristic whereas a resource is external to the individual thus reflecting the complex interaction between the individual and the environment which underlie the resilience process (Fergus & Zimmerman, 2005). Assets and resources on the one hand and risk factors which act against positive adjustment on the other hand, constitute compensatory processes of resilience (Métais et al. 2022). The degree to which assets and resources contribute to the resilience process depend the extent to which resources are available and the extent to which the individual navigates towards it (Ungar, 2008). This social-ecological perspective on resilience presented by Ungar et al. (2013) considers the quality of both individuals and their environments in a transactional manner which offers a more consensual approach to the conceptualization of resilience (Kuldas & Foody, 2022).

Several resilience training programs have been developed and conducted for various populations aiming to improve resilience int the face of adversity (Chmitorz et al. 2018; Forbes et al., 2018; Robertson et al., 2015; Snijders et al., 2018). Chmitorz et al. (2018) delineate three types of resilience interventions: interventions before stressor exposure as means to prevent mental dysfunctions, interventions during stressor exposure which aim to prevent or treat subsequent mental dysfunctions, and interventions after stressor exposure which are implemented after a severe and acute stressor in order to prevent or treat subsequent mental dysfunctions.

A recent meta-analysis findings by Joyce et al (2018). underscore the efficacy of resilience interventions combining cognitive-behavioral therapy (CBT) and mindfulness techniques. These interventions exhibit a moderate positive effect on individual resilience, emphasizing the importance of psychosocial skills and supportive relationships. Graber, Pichon and Carabine (2015) shed light on contemporary resilience research, indicating that resilience evolves over a lifetime, influenced by factors like gender, culture, and age. They emphasize

the role of family processes and effective coping skills during childhood and adolescence, while adulthood introduces entrenched coping patterns, physiological stress responses, and social relationships .

The CBT approach is elaborated by the Conservation of Resources theory (Hobfoll, 2021) and the BASIC-PH model by Lahad (2017). The former underscores resource gain and loss's impact on resilience, while the latter emphasizes balancing various coping resources.

A recent innovation in resilience research is the incorporation of Heart Rate Variability (HRV) as a physiological resilience indicator. The HRV is a biomarker reflecting the adaptability of an individual's autonomic nervous system, playing an important role in resilience. It quantifies the variance in time intervals between successive heartbeats, with higher variability indicating greater adaptability and stress resilience.

The need for standard and mor simplicity resilience framework: The ART of Resilience

Despite the myriad resilience theories, a standardized, practical resilience framework remains imperative. Integration of outcome measurement concepts is also vital, as the traditional "bounce back" approach oversimplifies resilience's dynamic, ongoing nature. Bridging these gaps is crucial to develop a user-friendly, practical approach for building, sustaining, and restoring psychological resilience. Consequently, this paper introduces the "ART" (Acknowledgment, Recognition & Tailoring) of Resilience framework as a comprehensive solution to address these challenges.

Acknowledgment of Current Coping Resources: Potential coping resources encompass a wide range of capabilities and support systems that individuals may possess in theory but are not readily accessible or utilized in the present moment. In contrast, current coping resources are the specific strengths, support networks, and internal reservoirs of resilience that are readily available and accessible at the time of facing adversity. During times of crisis or acute stress, individuals may rely more on their current coping resources, as these are the resources that can be immediately mobilized to address the challenges at hand (Bonanno, 2004). Potential coping resources, while valuable, may require more time or effort to activate and may be less effective during moments of crisis (Rutter, 2012).

Recognition of the Threats and Challenges: Recognition of Threats and Challenges serves as the foundational element of resilience, providing the cognitive and emotional groundwork for effective coping with adversity. This vital process extends beyond crisis moments, impacting our daily lives and significantly influencing our ability to navigate challenges skillfully. At its core, recognition relies on the dominance of the prefrontal cortex, responsible for higher-order cognitive functions like emotional regulation, executive functioning, decision-making, and problem-solving (Davidson, 2009).

Within the recognition process, the initial steps involve Awareness and Assessment. These phases require individuals to not only acknowledge the presence of challenges but also gain a comprehensive understanding of their nature and scope. Moreover, Recognition supports Resource Allocation, ensuring that individuals can direct and prioritize their coping resources more efficiently (Hobfoll, 2021) .

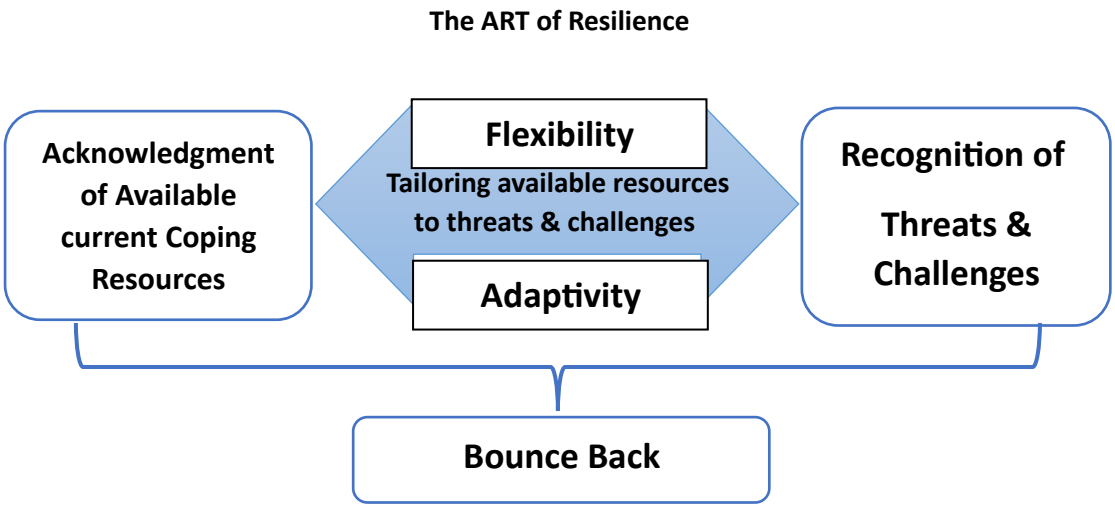
Tailoring between Available Current Coping Resources and Challenges: In the realm of resilience, the third pillar centers on the skill of adapting available coping resources to address specific challenges (Folkman & Moskowitz, 2000). This adaptability, characterized by

flexibility, marks a core element of resilience and embodies its malleability. It commences with the assessment of needs in the face of a particular threat or challenge, followed by identifying the essential resources required to effectively address the situation. This process involves a continuous evaluation of the situation, the evolving needs, and the resources available, illustrating the plasticity and flexibility of resilience.

Tailoring coping resources to align with specific challenges plays a pivotal role in resilience, and this importance arises from several key reasons. First and foremost, it facilitates the optimization of available coping resources (Lahad, 2017). By matching resources to the unique demands of each challenge, individuals can ensure that their efforts are not wasted on strategies ill-suited to the situation at hand. Furthermore, efficiency and effectiveness are at the heart of this endeavor (Folkman & Moskowitz, 2000). When coping resources are aligned with challenges, it streamlines the response, ensuring that individuals are not expending energy or resources on approaches unlikely to yield positive outcomes. Instead, they can direct their efforts toward strategies more likely to address the specific challenge effectively. Hobfoll's Conversation of Resources theory emphasizes the necessitating customized coping approaches (Hobfoll, 2021). Tailoring empowers individuals to align their responses with the challenge's intensity, intricacy, and characteristics, guaranteeing that their coping strategies are suitable and proportionate to the specific situation. Moreover it recognizes that a uniform approach isn't effective for all challenges or stressors, promoting flexibility and adaptability to tailor responses to each situation's distinct features (Joyce et al, 2018). The tailoring process enable expending unnecessary resources on challenges that may not warrant such investments. This strategy helps maintain resilience over the long term (Hobfoll, 2021).

The tailoring process can also mitigate risk factors associated with adverse outcomes (Masten and Powell, 2003). It enables individuals to address key aspects of a challenge that could lead to negative consequences if left unattended. This proactive approach reduces the likelihood of escalation or further complications. In sum, tailoring between available coping resources and specific challenges is deeply rooted in the practicality and adaptability of resilience, representing its plasticity and flexibility. It ensures that individuals can respond to adversity in a targeted, efficient, and resource-conserving manner, thereby increasing their chances of successfully navigating challenges and maintaining their well-being. Tailoring represents a dynamic and flexible approach that harmonizes seamlessly with life's ever-changing stressors and uncertainties.

Figure -1



When trying to build or increase resilience, the ART of Resilience framework provides an essential guide. The process begins with 'Acknowledgment,' where we identify specific challenges or stressors. The next crucial phase is 'Recognition,' which involves a flexible assessment of the available resources, both internal and external. This flexibility is key, as resources and challenges can evolve over time (Southwick et al., 2014). The final step, 'Tailoring,' integrates adaptivity by developing strategies that are specifically suited to the changing nature of the identified challenges and resources (Masten, 2014). This dynamic approach to tailoring ensures that resilience strategies remain effective and relevant, enhancing our capacity to adapt and navigate future adversities successfully.

The ART of Resilience framework can serve as a platform for integrating and operationalizing various resilience theories. Its structured approach provides a systematic method for applying theoretical concepts in practical settings. This framework can facilitates the translation of more complex resilience theories into actionable strategies, ensuring that they are adaptable and relevant across diverse scenarios (Masten, 2014; Southwick et al., 2014). The ART framework's versatility in addressing both individual and community resilience aligns with the multifaceted nature of resilience as explored in contemporary research (Norris et al., 2008; Hobfoll, 1989).

The usage of the ART of resilience as a platform for utilization of other important resilience theories can be drown as a chronological timeline – from the immediate phase to the rehabilitation phase and from the person-to-person intervention models to community resilience . Here ate two examples:

The ART of resilience as integrated in psychological First Aid (PFA) approach:

The SIX Cs model, developed by Farchi et al. (2018), is a Psychological First Aid approach designed for immediate application following exposure to extreme situations. It facilitates a shift from a state of helplessness to active and effective coping, through six components: Cognitive Communication, Challenge, Control, Continuity, and Commitment. Integrating the SIX Cs model with the ART of Resilience framework enhances its long-term applicability. The ART framework, with its Acknowledgment, Recognition, and Tailoring phases, extends the immediate interventions of the SIX Cs into sustainable resilience strategies. This integration ensures a comprehensive approach to resilience, addressing immediate and ongoing needs.

Table 1 –

Integration of SIX Cs model with the ART of Resilience

ART Components: Acknowledgment	**Recognition**	**Tailoring**
Emotional Arousal and Instability	Cognitive Communication: Addressing emotional distress through focused questioning	Tailoring communication strategies to stabilize emotions
Helplessness	Challenge: Encouraging actions within the individual's capacity	Tailoring tasks to enhance self-efficacy and a sense of accomplishment
Sense of Control	Control: Providing choices to enhance autonomy	Tailoring choices to reinforce the individual's control over the situation
Confusion	Continuity: Organizing facts chronologically	Tailoring strategies to reduce confusion and prevent future intrusions
Loneliness	Commitment: Ensuring consistent support	Tailoring support to foster independence and activity

Integrating the SIX Cs model with the ART of Resilience framework creates a comprehensive approach for managing post-traumatic stress and building resilience. The SIX Cs model, focused on immediate cognitive psychological first aid, aligns seamlessly with the ART framework's phases of Acknowledgment, Recognition, and Tailoring. Each component of the SIX Cs addresses a specific challenge: Cognitive Communication for emotional arousal, Challenge and Control for feelings of helplessness, Continuity for confusion, and Commitment for loneliness. These interventions are acknowledged and recognized within the ART framework, which then tailors them into a broader resilience-building strategy.

This integration is significant as it combines the immediate, practical applications of the SIX Cs model with the ART framework's capacity for long-term planning and adaptation. By acknowledging and recognizing the immediate psychological needs post-trauma, as addressed by the SIX Cs, the ART framework can tailor these strategies to ensure they are part of a sustainable resilience-building plan. This approach ensures that immediate coping mechanisms are not just temporary fixes but integral components of a long-term resilience strategy.

The result is a more dynamic and holistic approach to resilience. While the SIX Cs provide the necessary tools for immediate intervention in the face of trauma, the ART framework ensures these tools are part of a larger, more comprehensive plan for resilience. This integration is especially crucial in contexts where resilience needs to be built and sustained over time, ensuring that individuals and communities are not only equipped to handle the

immediate aftermath of a crisis but also prepared for the ongoing journey of resilience and recovery.

The integration of the Conservation of Resources theory (Hobfoll, 1992) with the ART of Resilience

The Conservation of Resources (COR) theory, developed by Stevan Hobfoll, posits that stress is a reaction to the environment where there is a threat of resource loss, actual loss, or insufficient gain following resource investment. It highlights the asymmetry between the impact of resource loss and gain, with loss having a more significant effect (Hobfoll, 1989). This framework is fundamental in understanding how individuals and communities respond to stressors and underscores the importance of resource conservation in resilience strategies.

Table – 2

Integration of Conservation of Resources (COR) Theory with the ART of Resilience

COR Components	**Acknowledgment of challenges**	**Recognition of current coping resources**	**Tailoring between the challenges and coping resources.**	**Outcome**
Resource Loss	Identifying resources lost or at risk.	Understanding the impact of these losses.	Developing strategies to minimize further losses.	Mitigation of resource loss and recovery initiation.
Resource Gain	Acknowledging areas for resource acquisition.	Recognizing opportunities to gain resources.	Actively pursuing resource gains.	Acquisition of new resources, enhancing resilience.
Resource Investment & Conservation	Awareness of current resource strengths.	Identifying resources needing protection or investment.	Balancing protection and investment strategies.	Effective management of resources, ensuring resilience.

Integrating the Conservation of Resources (COR) theory with the ART of Resilience framework enriches the approach to managing stress and building resilience. COR theory, focusing on the loss and gain of resources as central to stress and coping, aligns well with the ART framework's phases. Acknowledgment in the ART framework can be seen in identifying resource losses or threats, a core concept in COR theory. The Recognition phase involves understanding available resources and potential gains, resonating with COR's emphasis on resource management. Finally, Tailoring in the ART framework entails developing strategies to effectively conserve, replenish, and augment resources, ensuring resilience strategies are sustainable and adaptive to various stressors. This integration provides a nuanced understanding of resource dynamics in resilience building.

The community model's perspectives

Norris et al.'s theory of community resilience provides a broader perspective, emphasizing the collective capacity of communities to adapt and thrive in the face of adversity. This theory complements the ART framework by extending its application to community settings, where community-wide resources and capabilities are recognized and tailored for resilience.

Integration Table for Norris et al.'s Community Resilience Theory

Community Resilience Components	**Acknowledgment**	**Recognition**	**Tailoring**	**Outcome**
Economic Development	Identifying community economic strengths and weaknesses.	Recognizing economic challenges and opportunities.	Tailoring strategies for community economic resilience.	Strengthened community economic stability.
Social Capital	Acknowledging community social networks and bonds.	Understanding the impact of social connections on resilience.	Leveraging social capital for community support and recovery.	Enhanced community cohesion and social support.
Information & Communication	Awareness of community information resources and channels.	Identifying effective communication methods in crises.	Adapting communication strategies to community needs.	Improved information dissemination and community engagement.
Community Competence	Recognizing community skills, knowledge, and abilities.	Identifying areas for community skill development.	Enhancing community competencies to face adversities.	Increased community capability and adaptive capacity.

This integration of Norris et al.'s community resilience theory with the ART framework illustrates how community-level factors like economic development, social capital, information dissemination, and community competence can be acknowledged, recognized, and tailored to build a resilient community. It underscores the importance of considering both individual and community perspectives in resilience-building.

To summarize: Resilience is often characterized by the ability to "bounce back" from adversity. However, it's important to understand that bouncing back is not a definition of resilience itself but rather an outcome or result of resilience. This paper suggests that resilience is a universal process that focus on acknowledgment, recognition, and tailoring of available coping resources to threats and challenges. Doing so, the person/ groups and communities will be able to bounce back and thrive. Furthermore, this Acknowledging, Recognizing, and Tailoring Resources to Challenges" provides an in-depth analysis of

psychological resilience, emphasizing it as a dynamic process involving the acknowledgment of challenges, recognition of coping resources, and tailoring these resources to specific challenges. It highlights the importance of resilience as more than just 'bouncing back' and includes the integration of the ART framework with other resilience models like the SIX Cs of Psychological First Aid and the Conservation of Resources theory. This integration demonstrates the ART framework's versatility as a comprehensive tool for immediate and long-term resilience building in various contexts.

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