

RESILIENCE

Tipping the scale toward positive outcomes



Resilience is the ability to stay healthy even in circumstances of severe stress. The foundations of resilience are strong brain architecture and air traffic control skills, which develop over time, based on the interaction of genes and life experiences.

A person's experiences load up the resilience scale over the course of development. When toxic stress experiences outweigh positive supports, the scale can tip toward negative life outcomes like heart disease, depression, and addiction.

When positive supports offset the burden of bad experiences, the scale

tips toward positive outcomes like good physical and mental health and strong relationships.

Anyone can become more resilient at any stage of life, but it's easiest to build the foundations of resilience in early childhood. We can all play a role in providing the positive supports that help others become more resilient. We can even shift the scale's balance point to favour positive outcomes. Find out how with an interactive resilience scale at AlbertaFamilyWellness.org/Resilience.



BUILDING BETTER BRAINS

We all have the tools to help build better brains. By understanding the science behind brain development we can take action that will improve our physical and mental health and reduce risk for addiction across the lifespan.



AlbertaFamilyWellness.org/Resilience