

I Was Trying to Build My Son's Resilience, Not Scar Him for Life

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Resilience is a [popular term in modern psychology](#) that, put simply, refers to the ability to recover and move on from adverse events, failure or change.

“We don't call it ‘character’ anymore,” said Jelena Kecmanovic, director of Arlington/DC Behavior Therapy Institute. “We call it the ability to tolerate distress, the ability to tolerate uncertainty.”

Studies suggest that resilience in kids is associated with things like [empathy](#), [coping skills](#) and problem-solving, though this research is often done on children in extreme circumstances and may not apply to everybody. Still, many experts [are starting to see building resilience](#) as an effective way to prevent youth anxiety and depression.

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