

Most people aren't resilient to life's hardships, researchers find

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Quartz:

Previous research has found that, when faced with a negative life event, most people fare well when left well alone. Studies found that, after divorce, unemployment, or the death of a spouse, the majority of people proved resilient, maintaining stable high life satisfaction scores before and after each event.

But these findings have been questioned in a paper published in *Perspectives on Psychological Science* this month.

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Co-author Frank Infurna told Science Daily that it shows it can be far better to intervene and help people cope with negative life events. In his paper, he suggests that it's worth considering whether widespread preventive measures could even be introduced after a national trauma, such as 9/11.

Read the whole story: [Quartz](#)