Physical Resilience and Conceptual Models

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Resilience = “one’s ability to withstand or recover from functional decline following acute and/or chronic health stressors”

Conceptual models of physical resilience

Resilience implies “resistance to perturbations of equilibrium states and recovery potential to a new equilibrium state”
Conceptual model of psychological resilience: Brabban and Turkington Stress Bucket

**Stress flows into your bucket**

- **Good Coping**
  - Tap is working well

- **Bad Coping**
  - Tap is not working well

If bucket overflows, problems develop

Vulnerability is shown by the size of the bucket

Brabban and Turkington (2002)
What influences recovery trajectories after health stressors?

- Magnitude of the Stressor
- Attitude & Mindset
- Biological Response to Stress
- Health Status Before the Stressor
- Care & Interventions
- Support System
A Patient’s View of Resilience
Domains are interlinked and overlapping.

Is there a “whole-person” characteristic of resilience?

Or do we always need to specify the stressor and health domain?
An open invitation to visit us in North Carolina

https://duke.qualtrics.com/jfe/form/SV_9HQM5VpTEgVQVN4
Encouraging Resilience: The Platform Metaphor