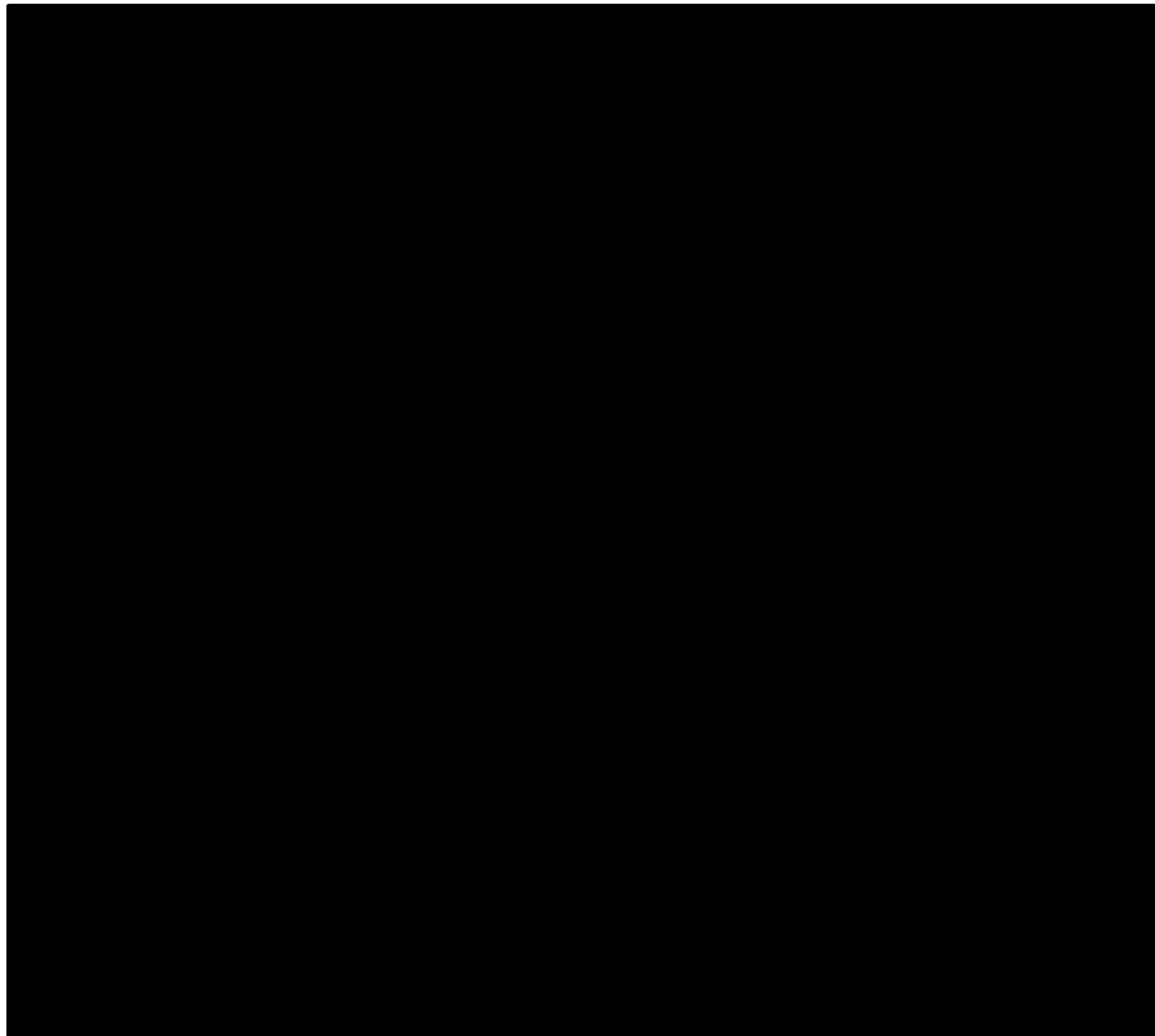




below for the four weeks in September). As a comparison, the highest individual score received in 2019 was 83 (March). During 2021, the term never reached peak and overall sustained popularity as it did in early 2020, but it remained, on average, higher than 2019's scores for 7 out of 11 months



What does it mean to be resilient?

Resiliency is often associated with individual thoughts and behaviors that allow a person to overcome or bounce back from a difficult situation (the root of the word resiliency is derived from the Latin "resilio," meaning "to rebound"). This focus on how the individual adapts and



DEFINITIONS: SYSTEMIC DISCIPLINES

"The key term of this definition is the ability of a system to adjust its functioning. This makes clear that resilience is more than the ability to continue functioning in the presence of stress and disturbances. While the ability of a system or an organization to preserve and sustain its primary functions is important, this can be



DEFINITIONS: INDIVIDUALISTIC DISCIPLINES

