

The concept of resilience vs. ataraxia

Post by "Titus" of November 1, 2023 at 5:19 PM

I've come across the concept resilience through a paper I found in a pile of documents and it reminded me of my recent interest on clearing my personal definition of ataraxia.

The American Psychological Association (APA) describes in its Dictionary of Psychology resilience [as follows](#):

"*n.* the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific [coping strategies](#). Psychological research demonstrates that the resources and skills associated with more positive adaptation (i.e., greater resilience) can be cultivated and practiced. Also called **psychological resilience**. See also [coping behavior](#); [coping-skills training](#). —**resilient** *adj.*"

APA describes in a short article main pillars of [how to build resilience](#). While they promote the obligatory stoic-like "Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter", resilience sounds all-over more like a modern-day version of Epicurean ataraxia. Taking care of one's body and prioritizing healthy relationships with others for the sake of strengthening one's adaptability to life's difficulties sounds very Epicurean.

What are your thoughts on this topic?