

Resilience is a concept that refers to an individual's ability to bounce back or positively respond to adversity.". Resilience is also understood to be a psychological mechanism that can thwart PTSD and is recognized as one of the most important factors for a healthy adjustment after trauma. Although some personality traits promote resilience, resilience can also be learned through cognitive and behavioral interventions. Psychological characteristics of resilience that can be learned include positive coping skills, engaging the support of others, optimism, humor, and cognitive restructuring. The ability to maintain resilience in nursing is influenced by the work environment," and the lack of this ability can result in negative psychological