

RESILIENCE: THE GATEWAY TO A BETTER YOU

Saadia Khan^{a*}

^aManager BBA Program and Coordinator Community Support Program, DHA Suffa University, Karachi, Pakistan

*Correspondence to: Ms. Saadia Khan, Program Manager BBA Program and Coordinator Community Support Program, DHA Suffa University, Karachi, Pakistan. E-mail: saadia.khan@dsu.edu.pk.

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ABSTRACT

Resilience is indeed a reflection of ourselves: how do we deal with the adverse situations. Life is a perfect blend of good and bad. So the ability to bounce back, all ready to face life challenges with a positive mind is Resilience. Resilience is positive, so definitely not embedded with negative thoughts. Resilience is about finding feedback in every setback. There is no better resilient personality then our Prophet Muhammad (PBUH). He faced all kinds of challenges with a very positive blessed mind. With a resilient mind comes the vigor to put up our best in all situations. Success is also about how positively failure was handled. Stress and anxiety can be dealt with a positive, resilient mind.

I. INTRODUCTION

To begin writing about resilience, these words of Almighty quoted in the Quran are enough to collect everyone reading this article. "Indeed "Inna ma'al 'usri yusra" (يُسْرًا أَلْتَّيْسْرُ مَعَ إِنَّ) is a profound verse from the Holy Quran, specifically Surah Ash-Sharh (94:6). "Indeed, with hardship comes ease." Our Prophet Muhammad (Peace Be Upon Him) his life was all about resilience and patience. He was resilient in the bleakest periods and faced multiple challenges and setbacks in his life. Resilience can never be about facing no life challenges, or a life with no negative experiences. Life is a set of good and bad, completely amalgamated together. So no one on the face of the Earth can say they have never seen any distressing event. As a matter of fact, even plants and animals face challenges that life throws on them. The adverse climatic conditions are a big challenge for wildlife to manage. Resilience is deep rooted in the strategies we apply to face the setbacks and challenges life throws at us. Resilience is completely connected to Emotional Intelligence. A teacher plays a pivotal role in making his students resilient and more competitive. I 'd like to quote my teacher in my PhD class, as indeed PhD is very challenging. My extremely respected Sir, Dr. Bashir 's words, when I was actually finding it very challenging to complete my PhD course work. He said, "Control your mind, before your mind controls you". Yes, these words had a very profound impact on me! As we can face anything with a correct strategy (which is of course opting for no easy way) but perseverance, hard work dedication and above all honesty, win the toughest challenges in life. So again dealing with any challenge is very important. Resilience is about conditioning your mind from why me? To try me? I find this story discussed below a very good example of a very old farmer and his wife. See how resilient the farmer is.

A very old farmer one day while doing his regular chores fell in the well. The farmer cried piteously for hours but could not figure out what to do. Only the ones who love step in at the toughest times. Of course farmers very old wife came to his rescue. The well was dry. The moment the old farmer looked at his old wife he started yelling as

usual at the top of his voice. The farmer's wife was adamant first, but because she loved him she makes a strategy to rescue him. What she did was she started throwing mud on him with a shovel. At first the old farmer thought she was working hard to bury him. And started shouting at her at the top of his voice. But then his old lady replied, "let me fill the well with mud. That astonished the old farmer because as the well was filled with mud the farmer could actually step up. Looking at the old lady's effort many neighbours came to the farmer's rescue. Gradually people together filled the well with old branches of plants. The old farmer was very resilient, instead of crying, he started making a ladder with the dried branches. He tied the rope that accidentally fell in the well. Probably his Falcon came to his rescue too. Finally, the farmer stepped out of the well. And went back home with his old wife and his Falcon perched on his shoulder. Life is about taking care of many while facing your own challenges. Resilience multiplies with inclusivity. Yes, creating a very amicable classroom environment brings collaboration and inclusivity. The old farmer's strategy was remarkable by adjusting the mud at the right places. Finally, the old farmer comes out of the well. Now the old farmer was much happier. Even he found his old lady very adorable again. Therefore, each of our troubles are a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off, and take a step up.

According to Daniel Goleman; "There are two ways to become more resilient: one by talking to yourself, the other by retraining your brain". As a matter of fact, you can only pull yourself back together. The best strategy, the most resilient strategy in life is to follow our Prophet's Sunnah. When we say Tawakul on Allah. We actually rest our affairs, our worries all our challenges to Allah. Salah or namaz brings discipline and cleanliness together a very good strategy to hold in hand. And yes Salah brings us closer to Allah. So with every challenge you see the wellbeing of many. As even a namaz in a mosque is a very inclusive activity. So being resilient is definitely about taking care of many. Its Bukhari Shareef "Each one of us is a guardian and each guardian is responsible for his own subject". So any challenge you face at work, in your personal life, in your business deals. See the well-being of many around. A change is remarkable when its I win and you win". As to "think win-win" is important, as discussed in Seven Habits of Highly effective people. Again, this book came in my hand through Dr Bashir, a very remarkable teacher who has not just taught me, taught many well positioned men and women in my country Pakistan. Even nations bounce back with correct strategies and a very resilient behavior. They sit together and resolve their issues making them fail as a nation. They take over failure that was draining them earlier. They find a way to rise from the ashes back to the concrete infrastructure. Yes, and not to forget. Definitely not make the same mistake again that was made earlier!

II. CONCLUSION

Based on the provided manuscript, the introduction concludes by highlighting the multifaceted nature of influences on climate change risk perceptions among young adults, including cognitive, personal, and informational factors. The research underscores that while numeracy and knowledge are significant in shaping how individuals interpret and analyze climate-related information, their direct influence on risk perception can be limited and is often mediated by individual motivations and prior experiences. Ultimately, the study aims to provide a nuanced understanding of these cognitive interactions to inform the development of targeted communication strategies and educational interventions that can effectively enhance climate change awareness and proactive engagement within this demographic.

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