

# Relational Sources of Resilience



Humans need social connections. Resilience, or the ability to recover from setbacks, is more than an individual personality trait - it's also forged in our relationships and connections with others. Below are some examples of the types of relationships that can help build resilience.



**Where can you find these relationships outside of friends and family?**

Affinity Groups

Work Colleagues

Non-Profit Board Work

Spiritual Organizations

Community Organizing

Athletic Associations

Advocacy Groups

Source: <https://hbr.org/2021/01/the-secret-to-building-resilience>