

Module 3 Glossary: Developing Resilience

The glossary provides a list of terms and definitions used throughout this week.

Adaptation - The decision-making processes and the set of actions we take to maintain our capacity to deal with current or future predicted change (Nelson et al. 2007)

Challenge Model of Resilience - A challenge, provided it is not too extreme, can enhance a person's adaptation and prepare them to better face subsequent challenges (O'Leary et al. 1998)

Compensatory Model of Resilience - Resilient characteristics decrease the amount of stress an individual experiences (Werner and Smith 2001)

External Recovery - The actions you take to recover that take place outside of the work day or outside of the workplace (Zijlstra et al. 2014)

Failure - Not achieving an outcome

Internal Recovery - Short period of relaxation or other action to recover that takes place within the work day (Zijlstra et al. 2014)

Protective Factor Model of Resilience - Considers resilience as factors that support the entire process (O'Leary, Bonanno, and Ungar)

Resilience - A set of skills and habits that prepares us to better cope with, adapt to, and recover from personal and professional challenges (defined by the Postdoc Academy team)

Recovery - The process of harmonizing your current state with the state required for a given task (Zijlstra et al. 2014)

Work-Family Balance - Satisfaction and good functioning at work and at home, with a minimum of role conflict (Clark 2000)

Work-Life Balance - The relationship between the institutional and cultural times and spaces of work and non-work in societies where income is predominantly generated and distributed through labor markets (Felstead et al. 2002)