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so it is computer written. The Precis
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first precis. Please give remarks and
recommendations for improvement.

Paragraph:

The concept of resilience has long been admired in human behavior, but it has become even more essential in the modern world, where change and uncertainty are constant companions. Resilience is not merely the ability to endure hardships; it is the capacity to adapt, recover, and grow in response to adversity. Whether facing personal setbacks, professional obstacles, or global crises, resilient individuals demonstrate emotional strength, flexibility, and determination. Psychologists suggest that resilience is not an inborn trait but rather a set of behaviors, thoughts, and actions that can be developed over time. Cultivating resilience involves building strong social connections, maintaining a positive yet realistic outlook, and learning to regulate emotions under pressure. Those who practice resilience understand that failure and difficulty are inevitable parts of life, but they use these experiences as opportunities for personal growth rather than as permanent defeats.

In recent years, studies have shown that mindfulness practices, such as meditation and focused breathing, enhance resilience by helping people stay grounded during stressful situations. Similarly, physical activity has been linked to increased emotional regulation and improved problem-solving abilities. Resilient people often show a willingness to seek help, accept constructive feedback, and adjust their strategies when facing challenges rather than rigidly sticking to a failing plan. Their self-awareness and emotional intelligence allow them to manage disappointment and fear in healthy ways, reducing the long-term psychological impact of setbacks.

Resilience also has a social dimension. Families, schools, workplaces, and even entire communities can foster collective resilience by encouraging empathy, cooperation, and open communication during tough times. Leaders who model resilience and support others in developing it create environments where setbacks do not define the group's future. In this way, resilience can act as both a personal and a shared strength, helping individuals and societies withstand rapid changes and recover from losses.

Ultimately, resilience does not prevent difficulties but transforms how people experience and respond to them. In a world marked by unpredictability — from economic shifts to technological disruption and environmental change — resilience is not just an admirable trait but an essential skill for long-term success and well-being. Those who cultivate it are better prepared to navigate life's uncertainties with hope, purpose, and perseverance.

Resilience in changing world with uncertainties.

Resilience is the ability to adapt and grow in response to challenges. It can be built overtime through strong connections, set of behaviors and emotional control under pressure. Studies suggest that meditation and focused breathing during hard times enhance resilience. Resilient individuals use difficult time experiences for personal growth. They adapt their strategies during hard times, seek help, and accept constructive feedback. Their self-awareness and emotional intelligence help them manage disappointments and fear. It can also be developed in communities through cooperation and empathy. It does not prevent difficulties but help individuals and societies recover from them. In this constantly changing world, resilience is an essential skill to navigate life's uncertainties with hope and perseverance.

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